

CARNOUX - PLANNING SMALL GROUP TRAINING JANVIER 2020

LUNDI

MARDI

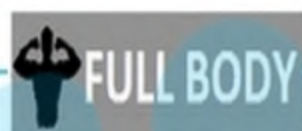
MERCREDI

JEUDI

VENDREDI

SAMEDI

9h15



FULL BODY



ABDOS
POWER



CROSS
TRAINING



PILATES

10h



FULL BODY

10h30



STRETCHING

12h30

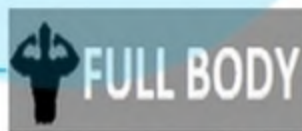


CALORIES
KILLER



CARDIO
FIGHT

18h



FULL BODY



DOS &
POSTURE



CUISSES
FESSIERS



TRX



ABDOS
POWER

18h30



CARDIO
FIGHT



INITIATION
PILATES



HAUT
DU CORPS



STRETCHING



CROSS
TRAINING

19h



PILATES

C'est si bon d'être en forme!