

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
7j/7 6h-23h Jo Good Carte de membre						
9H15		TRX Suspension Training®		BODY SCULPT		
10H30						BOXING HBX
12H30	CALORIES KILLER	BOXING HBX		CROSS TRAINING		
18H	BOXING HBX			BODY SCULPT		
18H30		CALORIES KILLER	Cardio Fight 		Cuisses Fessiers	
18H45	TRX Suspension Training®			BOXING HBX		
19H15	ABDOS FLASH		CAF / CUISSES ABDOS FESSIERS			