



# PLANNING SMALL GROUP TRAINING RENTRÉE 2023

## VENDREDI

12h45

**ABDOS KILLER**

18h30

**CALORIES KILLER**

## SAMEDI

10h00

**CALORIES KILLER**

## JEUDI

12H15

**CALORIES KILLER**

18H

**HBX BOXING**

18H45

**LES MILLS RPM**

## MERCREDI

12h15

**HBX TRX**

17H45

**HBX TRX**

18H30

**CALORIES KILLER**

## MARDI

12h15

**LES MILLS RPM**

18h00

**HBX FUSION**

18h45

**HBX BOXING**

## LUNDI

12h15

**ABDOS KILLER**

12h45

**HBX FUSION**

18h00

**HBX TRX**

18h45

**LES MILLS RPM**