



Lundi matin

9h / 10h Coaching Surprise

Lundi soir

19h / 20h TRX

Mardi matin

9h / 10h (Cardio Abdos Gainage)

Mercredi

15h / 16h (Kids)

Mercredi soir

18h20 / 19h20 Cross Training

Mercredi soir

19h30 / 20h30 TRX

Jeudi après midi

13h45 / 14h45 Cuisses Abdos Fessiers

Vendredi soir

19h30 / 20h30 Cross Training