



PLANNING DES COURS

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12H15 12H45	POWER TRAINING	CIRCUIT TRAINING	CARDIO TRAINING	BOXING TRAINING	HBX FUSION
13H 13H30	HBX FUSION	CARDIO TRAINING	BOXING TRAINING	HBX FUSION	CIRCUIT TRAINING
18H 18H30	CARDIO TRAINING	HBX FUSION	POWER TRAINING	CIRCUIT TRAINING	BOXING TRAINING
18H45 19H15	CIRCUIT TRAINING	BOXING TRAINING	HBX FUSION	POWER TRAINING	CARDIO TRAINING

VOTRE CORPS EST PRÉCIEUX, PRENEZ EN SOIN

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