

LUNDI

09h00
BOOST
TRAINING

11h00
PERTE DE
POIDS BOOST

12h15
TRAINING

17h00
CUISSSES
ABDOS FESSIERS

18h00
BOOST
TRAINING / STRETCH
& DOS

19h00
RITUEL

MARDI

09h00
LIGHT
TRAINING

11h00
STRETCH
& DOS

12h15
RENFO
MUSCULAIRE

16h00
APPUIS
EQUILIBRE

17h00
BOOST
TRAINING

18h00
TRAINING

19h00
PERTE DE
POIDS BOOST

MERCREDI

09h00
STRETCH
& DOS

10h00
PERTE DE
POIDS BOOST

11h00
CUISSSES
ABDOS FESSIERS

12h15
TRAINING

17h00
RENFO
MUSCULAIRE

18h00
TRAINING / RITUEL

JEUDI

09h00
RENFO
MUSCULAIRE

10h00
CUISSSES
ABDOS FESSIERS

11h00
APPUIS
EQUILIBRE

12h15
TRAINING / LIGHT
TRAINING

17h00
STRETCH
& DOS

18h00
BOOST
TRAINING / CUISSSES
ABDOS FESSIERS

19h00
TRAINING / RITUEL

VENDREDI

09h00
PERTE DE
POIDS BOOST

10h00
STRETCH
& DOS

11h00
TRAINING

12h15
CUISSSES
ABDOS FESSIERS

18h00
TRAINING

19h00
LIGHT
TRAINING

SAMEDI



SPORT SANTÉ



SPORT PERFORMANCE

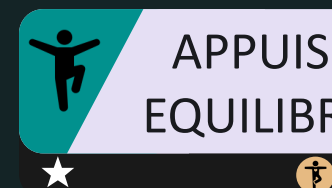


SPORT BIEN ÊTRE



STRETCH
& DOS

★ ⓘ †



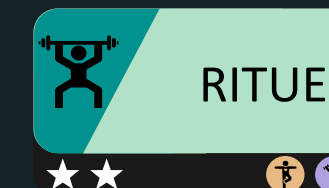
APPUIS
EQUILIBRE

★ ⓘ †



LIGHT
TRAINING

★ ⓘ †



RITUEL

★★ ⓘ †



CUISSSES
ABDOS FESSIERS

★★ ⓘ †



TRAINING

★★ ⓘ †



RENFO
MUSCULAIRE

★★ ⓘ †



PERTE DE
POIDS BOOST

★★★ ⓘ †



BOOST
TRAINING

★★★ ⓘ †