

Planning Small Group

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

9h30

Cardio Boxing

12h30

HYROX

17h00

Cross Ados

17h30

Cross Training

18h30

Cardio Boxing

19h30

HYROX

18h30

Cross Training

18h30

Boot

19h30

TRX



18h30

Cross Training

19h30

Cardio Boxing

18h00

HYROX

