

PLANNING FITNESS 2020-2021

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
09h30		RENFO (CAF + haut du corps)				
10h30				STRETCHING		 STRETCHING
12h15		CROSS TRAINING				
		17H 				
17h30		17H45 	RENFO (CAF + haut du corps)		 	
18h30		 CROSS TRAINING		Abdos Pilates		
19h30				CROSS TRAINING	STRETCHING	

Horaires
 Lundi au Jeudi
 9h15-21h
 Vendredi
 9h15-20h30
 Samedi
 9h15-13h
 Dimanche
 9h30-12h30