






















Planning Small Group Training Carnoux

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
09:15	 ABDOS POWER			 CUISSES FESSIERS		
10:15			 FULL BODY			 CALORIES KILLER
10:45			 STRETCHING			
12:30	 FULL BODY	 CROSS TRAINING				
17:30			 FULL BODY			
18:00	 CUISSES FESSIERS	 TRX	 FULL BODY	 FULL BODY	 TRX	
18:30			 STRETCHING	 CROSS TRAINING	 STRETCHING	
18:45	 CROSS TRAINING	 ABDOS POWER				
19:00			 PILATES			