



Planning Small Group Training Carnoux

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
09:15	 GRAVITY	 POWER LIFT	 CUISSSES FESSIERS	 TRX	 PILATES	
10:00	 GRAVITY	 Fit'N'Dance	 CUISSSES FESSIERS	 FULL BODY	 PILATES	 CUISSSES FESSIERS
10:45						 CUISSSES FESSIERS
12:15	 FULL BODY	 CROSS TRAINING	 GRAVITY	 BOXING	 TRX	
17:15		 FULL BODY	 TRX	 GRAVITY		
18:00	 CUISSSES FESSIERS	 BOXING	 Fit'N'Dance	 GRAVITY	 POWER LIFT	
18:45	 CROSS TRAINING	 Step and Sculpt	 Fit'N'Dance	 PILATES	 CROSS TRAINING	
19:30	 GRAVITY	 CUISSSES FESSIERS	 STRETCHING	 PILATES	 Fit'N'Dance	