

Planning Small Group Training

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15	 GRAVITY	 TRX	 FULL BODY	 POWER LIFT	<i>Pilates</i> 	
10h00	 GRAVITY	 FIT & DANCE	 FULL BODY	 POWER LIFT	<i>Pilates</i> 	 CAF
10h45						 CAF
12h15	 FULL BODY	 CROSS TRAINING	 <i>Pilates gravity</i>	 BOXING	 TRX	
17h15		 FULL BODY	 KETTLEBELL	 CAF	 POWER LIFT	
18h00	 CAF	 BOXING	 STRETCHING	 GRAVITY	 POWER LIFT	
18h45	 CROSS TRAINING	 STEP & SCULPT	 FIT & DANCE	 <i>Pilates gravity</i>	 CROSS TRAINING	
19h30	 GRAVITY	 STEP & SCULPT	 FIT & DANCE	 <i>Pilates gravity</i>	<i>Pilates</i> Gym faciale 	