

Planning Small Group Training

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15	 BODY SCULPT 	<i>Pilates</i>  		HBX  		
10h00						 
10h45						HBX  
12h30	HBX  	 		 CROSS TRAINING 	<i>Pilates</i>  	
18h00	 	 ABDOS 	HBX  	HBX  	 CAF 	
18h30	HBX  					
18h45		 	 CROSS TRAINING 	HBX  		
19h					HBX  	
19h15	 CROSS TRAINING 					
19h30			 ABDOS 	 		