

PLANNING

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

	7h30 WORKOUT+ <i>Renfo Upper Body</i> 45'		7h30 CYCLING+ 45'	7h30 WORKOUT+ <i>Renfo Full body</i> 45'	09h00 PILATES+ 45'	9h45 WORKOUT+ <i>Expert</i> 45'
12h15 WORKOUT+ <i>LegDay</i> 45'	12h15 BOXING+ 45'	12h15 WORKOUT+ <i>CAF</i> 45'	12h15 PILATES+ 45'	12h15 WORKOUT+ <i>Run</i> 45'	10h00 CYCLING+ 45'	PILATES+ 45'
12h30 CYCLING+ 45'	12h30 WORKOUT+ <i>Renfo Upper Body</i> 45'	12h30 CYCLING+ 45'	12h30 WORKOUT+ <i>Renfo full body</i> 45'	12h30 BOXING+ 45'	10h00 WORKOUT+ <i>Compétitif Duo</i> 60'	10h50 BOXING+ 45'
17h30 BOXING+ 45'	17h30 WORKOUT+ <i>Hyrox</i> 45'	17h30 PILATES+ 60'	17h30 BOXING+ 45'		11h00 BOXING+ 45'	11h00 CYCLING+ 45'
18h00 WORKOUT+ <i>LegDay</i> 45'	18h00 BOXING+ 45'	18h00 BOXING+ 45'	18h00 WORKOUT+ <i>Renfo full body</i> 45'	17h00 PILATES+ 60'	11h15 WORKOUT+ <i>Compétitif Duo</i> 60'	
18h30 BOXING+ 45'	18h30 CYCLING+ 45'	18h30 WORKOUT+ <i>Renfo + Cardio</i> 45'	18h30 BOXING+ 45'	18h00 WORKOUT+ <i>Run</i> 45'		
19h00 CYCLING+ 45'	19h00 WORKOUT+ <i>Renfo Upper Body</i> 45'	19h00 WORKOUT+ <i>Calisthénie</i> 45'	19h00 CYCLING+ 45'	18h15 JUMP+ 45'		
19h30 WORKOUT+ <i>Calisthénie</i> 45'	19h30 BOXING+ 45'	19h30 CYCLING+ 45'	19h30 WORKOUT+ <i>Renfo full body</i> 45'	18h30 CYCLING+ 45'		
20h00 WORKOUT+ <i>LegDay</i> 45'	20h00 WORKOUT+ <i>Renfo Upper Body</i> 45'	20h00 BOXING+ 45'	20h00 WORKOUT+ <i>Calisthénie</i> 45'			