PLANNING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	7h30 WORKOUT+ *Renfo Upper Body* *45'*		7h30 WORKOUT+ *Renfo full body* *45'*	7h30 WORKOUT+ *Run* *45'*	09h00 PILATES+ *45'*	9h45 WORKOUT+ *Expert* *45'*
12h15 WORKOUT+ *LegDay* *45'*	12h15 BOXING+ *45'*	12h15 WORKOUT+ *CAF* *45'*	12h15 PILATES+ *45'*	12h15 WORKOUT+ *Run* *45*	10h00 CYCLING+ *45'*	PILATES+ *45'*
12h30 CYCLING+ *45'*	12h30 WORKOUT+ *Renfo Upper Body* *45'*	12h30 CYCLING+ *45'*	12h30 WORKOUT+ *Renfo full body* *45'*	12h30 BOXING+ *45'*	10h00 WORKOUT+ *Compétitif Duo* *60'*	10h50 BOXING+ *45'*
	17h30 WORKOUT+ *Hyrox* *45'*	17h30 BOXING+ *45'*			11h00 BOXING+ *45'*	11h00 CYCLING+ *45'*
18h00 WORKOUT+ *LegDay* *45'*	18h00 BOXING+ *45'*	18h00 BOXING+ *45'*	18h00 WORKOUT+ *Renfo full body* *45'*	17h00 PILATES+ *60'*	11h15 WORKOUT+ *Compétitif Duo* *60'*	
18h30 BOXING+ *45'*	18h30 CYCLING+ *45'*	18h30 WORKOUT+ *Renfo + Cardio* *45'*	18h30 BOXING+ *45'*	18h00 WORKOUT+ *Run* *45'*		
19h00 CYCLING+ *45'*	19h00 WORKOUT+ *Renfo Upper Body* *45'*	19h00 WORKOUT+ Calisthénie *45'*	19h00 CYCLING+ *45'*	18h15 JUMP+ *45'*		
19h30 WORKOUT+ *Calisthénie* *45'*	19h30 BOXING+ *45'*	19h30 CYCLING+ *45'*	19h30 WORKOUT+ *Renfo full body* *45'*	18h30 CYCLING+ *45'*		
20h00 WORKOUT+ *LegDay* *45'*	20h00 WORKOUT+ *Renfo Upper Body* *45'*		20h00 WORKOUT+ *Calisthénie* *45'*			