

# PLANNING

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

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