

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

18h00 (55')
CROSS YOHANNA

18h00 (55')
CROSS STÉPHANE

18h00 (55')*
CROSS ADOSS JÉRÉMY

17h45 (55')
CROSS NICOLAS

17h45 (55')
CROSS NICOLAS

19h00 (55')
CROSS YOHANNA

19h00 (30')
HIIT STÉPHANE

19h00 (55')
CROSS JÉRÉMY

18h45 (55')
CROSS NICOLAS

19h45 (55')
CROSS NICOLAS

19h30 (55')
BOXE STÉPHANE

10h00 (55')
*FUNCTIONNAL TRAINING
MASTER DELPHINE*

10h30 (55')
CROSS JÉRÉMY

11h00 (55')
*FUNCTIONNAL TRAINING
MASTER DELPHINE*

14h00 (55')*
*CROSS ADOSS
JÉRÉMY*

15h00 (55')*
*CROSS ADOSS
JÉRÉMY*