

PROGRAMME DES COURS

	LUNDI	MARDI	MERCREDI	JEUDI
7H				
12	CORE Training Express <i>12 :00 – 12 :30</i>		HIGH INTESITY TRAINING <i>12 :00-12 :30</i>	BALANCE Express <i>12 :00-12 :30</i>
17 :30				
18 :30		FULL BODY <i>18 :30 – 19 :30</i>		