



# Planning des cours collectifs avec coach Croix d'Argent

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

DIMANCHE

9h45

Cross Training

19h15

Biking

Abs Leg and  
Butt

Body Sculpt

Boxing

19h45

Cross Training

20h00

Abs Flash

Stretching

Relaxation

Relaxation