	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9:15		CROSS TRAINING	CROSS				BOOTCAMP
12:15			Freestyle				
14 : 15	Freestyle						
17:30					Booty		
18:15	CROSS TRAINING	CROSS TRAINING	GAINZ	CROSS	FLASH ABS		
18:30					CROSS TRAINING		
19:00				FLASH ABS			
19:15	Mobility Training	Freestyle	CROSS	Flexibility Training			
20 : 15	CORE Training						