

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9h15		CROSS TRAINING		CROSS TRAINING			Boot Camp
12h15			CROSS TRAINING				
17h45		FLASH ABS			FLASH ABS		
18h00	<i>Freestyle</i>	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
18h45		FLASH ABS	<i>Freestyle</i>		FLASH ABS		
18h45 19h(lundi)	CROSS TRAINING	CROSS TRAINING	LEVEL UP	CROSS TRAINING	CROSS TRAINING		
19h45	CROSS TRAINING		<i>Mobility</i>				