

Horaire	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9h15-10h		CROSS TRAINING		CROSS TRAINING			Boot Camp
12h15-13h	TST TRAINING		CROSS TRAINING				
17h45-18h		FLASH ABS			FLASH ABS		
18h-18h45	FREESTYLE	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
18h45-19h		FLASH ABS					
19h-19h45	CROSS TRAINING	CROSS TRAINING	FREESTYLE	CROSS TRAINING			
20h-20h45	CROSS TRAINING						

