

Planning small-groups

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
		07:00 - 07:45 BODY AND MIND 45'		07:00 - 07:45 HIIT 45'		
08:00 - 08:45 CROSS TRAINING 45'	08:00 - 08:45 BODY AND MIND 45'		08:00 - 08:45 CROSS TRAINING 45'	08:00 - 08:45 BODY AND MIND 45'		08:30 - 10:00 ONLY FOR YOU 1H30
10:00 - 11:30 ONLY FOR YOU 1H30	09:00 - 10:30 ONLY FOR YOU 1H30 11:30 - 13:00 ONLY FOR YOU 1H30 10:30 - 11:30 SÉANCES CRYO 60'	09:00 - 09:45 CROSS TRAINING 45'			09:00 - 09:45 BODY AND MIND 45'	
12:15 - 13:00 HIIT 45'		10:00 - 10:45 HIIT 45'	09:00 - 10:30 ONLY FOR YOU 1H30 11:30 - 13:00 ONLY FOR YOU 1H30	10:00 - 11:30 ONLY FOR YOU 1H30	10:00 - 10:45 CROSS TRAINING 45'	
13:00 - 14:30 ONLY FOR YOU 1H30	13:00 - 13:45 CROSS TRAINING 45'	12:30 - 14:00 ONLY FOR YOU 1H30	13:00 - 13:45 HIIT 45'	12:15 - 13:00 BODY AND MIND 45'	12:30 - 14:00 ONLY FOR YOU 1H30	11:30 - 13:00 ONLY FOR YOU 1H30
15:30 - 17:00 ONLY FOR YOU 1H30		16:00 - 17:30 ONLY FOR YOU 1H30		13:00 - 13:45 CROSS TRAINING 45'	16:30 - 18:00 ONLY FOR YOU 1H30	
17:15 - 18:00 BODY AND MIND 45'	15:00 - 16:30 ONLY FOR YOU 1H30		14:30 - 16:00 ONLY FOR YOU 1H30 17:15 - 18:45 ONLY FOR YOU 1H30	14:00 - 15:30 ONLY FOR YOU 1H30		
18:15 - 19:00 CROSS TRAINING 45'		18:15 - 19:00 CROSS TRAINING 45'		17:15 - 18:00 HIIT 45'		
19:15 - 20:00 HIIT 45'	19:15 - 20:00 CROSS TRAINING 45'		19:15 - 20:00 CROSS TRAINING 45'	18:15 - 19:00 CROSS TRAINING 45'	18:30 - 19:30 SÉANCES CRYO 60'	
		20:00 - 21:00 SÉANCES CRYO 60'	20:00 - 20:45 HIIT 45'			