

# NOS ENTRAÎNEMENTS

LUNDI	9H15 CROSS TRAINING DÉBUTANT	10H30 CROSS TRAINING		17H30 CROSS TRAINING	18H30 CROSS TRAINING DÉBUTANT	19H30 CROSS TRAINING
MARDI	9H15 CROSS TRAINING DÉBUTANT	10H30 KETTLEBELL		17H30 CROSS TRAINING	18H30 CROSS TRAINING	19H45 BARBELL
MERCREDI	9H30 CROSS TRAINING DÉBUTANT	10H30 CROSS TRAINING		17H30 CROSS TRAINING	18H30 CROSS TRAINING DÉBUTANT	
JEUDI	9H15 CROSS TRAINING DÉBUTANT			17H30 CROSS TRAINING	18H30 CROSS TRAINING	19H45 KETTLEBELL
VENDREDI	9H15 CROSS TRAINING DÉBUTANT	10H30 CROSS TRAINING		17H30 CROSS TRAINING	18H30 BARBELL	
SAMEDI	9H00 CROSS TRAINING DÉBUTANT	10H00 KETTLEBELL	11H00 CROSS TRAINING	RÉSERVATIONS SUR  Deciplus <small>Solutions digitales pour le sport et le bien-être</small>		