



PLANNING DES COURS TRAINING - AYTRÉ

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
	9h15-9h55 TRX MOBILITE		9h15-10h TRX	9h15-9h55 TRX MOBILITE
				10h-10h55 CROSSTRaining
11h-11h55 TRX	12h25-13h10 TRX			12h25-13h10 CROSSTRaining
		16h15-17h15 CROSSTRaining ADOS		
17h35-18h30 CROSSTRaining				17h40-18h35 TRX
18h35-19h30 TRX	18h35-19h30 CROSSTRaining		18h35-19h30 TRX	
	19h30-20h15 TRX MOBILITE	19h30-20h25 CROSSTRaining	19h30-20h HIIT CARDIO	



RÉSERVATION

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