

DANS LA BOX / 2021-2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
11h-11h45 CROSS FEMININ			10h-10h45 CROSS TRAINING		11h15-12h CROSS TRAINING
12h35-13h20 HBX BOXING	12h35-13h20 HIIT HIGH INTENSITY INTERVAL TRAINING	12h35-13h20 CROSS TRAINING	12h35-13h20 OFFICIAL TRX		
18h30-19h15 HIIT HIGH INTENSITY INTERVAL TRAINING	18h-18h45 CROSS FEMININ		18h-18h45 HBX BOXING	18h30-19h15 OFFICIAL TRX	
19h30-20h15 OFFICIAL TRX	19h-19h45 HBX BOXING	18h30-19h30 CROSS TRAINING XL	19h-19h45 CROSS TRAINING	19h30-20h HIIT HIGH INTENSITY INTERVAL TRAINING	