

MODERN SQUASH / FITNESS 2017 - 2018

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

12H30 – 13H30

12H30 – 13H30

12H30 – 13H30

12H30 – 13H30

12H40 – 13H10

**Renfo
Training**

**Cardio
Training**

Boxing

**Renfo
Training**

**HIIT
Interval Training**

12H30 – 13H30

12H30 – 13H30

Studio Bike

Studio Bike

18H30 – 19H30

19H00 – 20H00

18H30 – 19H30

18H30 – 19H00

**Cardio
Training**

**Yoga &
Stretch**

**Renfo
Training**

**Suspension
Training**

19H30 – 20H30

19H30 – 20H30

19H00 – 19H30

Studio Bike

Studio Bike

**HIIT
Interval Training**