

PLANNING MODERNSQUASH / FITNESS

2018

LUNDI

12h30- 13h30

● MODERN SQUASH

RENFO-TRAINING

12h30-13h30

● MODERN SQUASH

STUDIO-BIKE

MARDI

12h30- 13h30

● MODERN SQUASH

CARDIO-TRAINING



MODERN
ATTACK

MERCREDI

12h30-13h30

● MODERN SQUASH

BOXING



MODERN
COMBAT

12h30-13h30

● MODERN SQUASH

STUDIO-BIKE

JEUDI

12h30- 13h30

● MODERN SQUASH

RENFO-TRAINING

VENDREDI

12h40-13h10

● MODERN SQUASH

CIRCUIT-TRAINING



MODERNSQUASH