

PLANNING DU 03 AU 31 JANVIER 2017

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	10h45-11h15 CROSS TRAINING	11h-11h30 CROSS TRAINING	11h-11h30 CROSS TRAINING		11h-11h30 CROSS TRAINING	
		12h15-12h45 CROSS TRAINING		12h15-12h45 TRX Suspension Training		12h-12h30 CROSS TRAINING
18h45-19h15 TRX Suspension Training			19h-19h30 CROSS TRAINING	18h30-19h CROSS TRAINING		
	20h30-21h TRX Suspension Training					