

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	6 h 50 HBX GET FIT				6 h 50 HBX GET FIT	10 h 00 HBX BOXING
	12H30 LES MILLS GRIT™ CARDIO <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	12H30 HBX BOXING		12H30 HBX TRX	12H30 LES MILLS GRIT™ STRENGTH <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	10 h 40 HBX TRX
MIDI	18h30 HBX TRX	18h30 HBX GET FIT	18h30 HBX BOXING	18h30 HBX GET FIT	18h30 LES MILLS GRIT™ CARDIO <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	11 h 20 LES MILLS GRIT™ CARDIO <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>
	19h10 HBX GET FIT	19h10 HBX BOXING	19h10 LES MILLS GRIT™ STRENGTH <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	19h10 HBX TRX	19h10 HBX GET FIT	12 h 00 LES MILLS GRIT™ STRENGTH <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>
SOIREE	19h50 LES MILLS GRIT™ CARDIO <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	19h50 LES MILLS GRIT™ STRENGTH <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	19h50 HBX TRX	19h50 A▷C WOD	19h50 HBX BOXING	12 h 40 A▷C WOD
	20h30 A▷C WOD	20h30 HBX GET FIT	20h30 LES MILLS GRIT™ CARDIO <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	20h30 HBX GET FIT	20h30 HBX TRX	