



PLANNING DE COURS PREMIUM

GIGAFIT
MORANGIS

Lundi	Mardi	Mercredi	Jeudi	Vendredi
12H15 - 13H15 KAJUKENBO				
18H45 45' TRX 90' GRAVITY GYM		18H - 18H45 TRX		
19H30 45' CROSS TRAINING	19H - 20H BOXING FITNESS	18H45 45' CROSS TRAINING 90' GRAVITY GYM	19H - 20H BOXING FITNESS	18H45 - 19H45 BOXE
	20H - 20H45 CROSS TRAINING	20H15 45' BOXE 120' KAJUKENBO	20H - 20H45 CROSS TRAINING	20H15 45' CROSS TRAINING 20H 60' MMA

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