



MOVE YOUR BODY



Lundi

Mardi

Mercredi

Jeudi

Vendredi

10h-11h :
Souplesse

10h-11h :
Slow full body, sans
saut, sans cardio.
Renforcement
musculaire profond.

18:30- 18:50:
ABDOS

18:00- 19:00:
Yoga

18:30- 19:00:
ABDOS

19:00-19:45:
Full body focus bas
du corps/fessiers

19:15-19:45:
HIIT

19:15- 20:15:
Self-Défense

19.00 – 19:45 :
Circuit training

18:15-19:00:
Full body focus haut
du corps/ épaules/
bras