

PLANNING DIVONNE HIVER 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:30		GYM DOS		GYM DOS	PILATES	
10:30	YOGA BY PROFIT ^{10h}	HBX— FUSION	CAF ^{10h}	PILATES	TAÏ CHI	HBX— BOXING ^{10h}
11:00	CAF		YOGA			HBX— MOVE
12:30	GYM DOS	HBX— MOVE	PILATES	ABDOS KILLER	HBX— BOXING	
15:00						
16:00						
17:00						
17:30	PILATES	HIIT	ABDOS KILLER	HBX— MOVE	CAF	
18:30	CAF	HBX— BOXING	HBX— MOVE	HIIT	HBX— FUSION	
19:30	HBX— BOXING	HBX— FUSION	HBX— BOXING	CAF	STRETCHING	