

BANANAMUSCLE

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

9h30

HYROX

TRX &
KETTLEBELL

8h30

CIRCUIT
TRAINING

10h30

BAD'ASS

HYROX

TRAINING
RENFO

TRX &
KETTLEBELL

9h30

BAD'ASS

HYROX

11h30

BAD'ASS

CIRCUIT
TRAINING

TRX &
KETTLEBELL

BAD'ASS

10h30

HYROX

12h30

CIRCUIT
TRAINING

HYROX

TRX &
KETTLEBELL

TRAINING
RENFO

HYROX

11h30

TRX &
KETTLEBELL

CIRCUIT
TRAINING

16h30

TRAINING
RENFO

HYROX

17h30

HYROX

TRX &
KETTLEBELL

BAD'ASS

CIRCUIT
TRAINING

HYROX

18h30

TRAINING
RENFO

HYROX

HYROX

19h30

TRX &
KETTLEBELL

BAD'ASS

HYROX

TRX &
KETTLEBELL

CIRCUIT
TRAINING

Ban
ana
fit