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			TRX & KETTLEBELL	BAD'ASS	10h30 HYROX	
12h30	CIRCUIT TRAINING	HYROX	TRX & KETTLEBELL	TRAINING RENFO	HYROX	11h30	CIRCUIT TRAINING
16h30	TRAINING RENFO		HYROX				
17h30	HYROX	TRX & KETTLEBELL	BAD'ASS	CIRCUIT TRAINING	CIRCUIT TRAINING		
18H30	TRAINING RENFO	HYROX		HYROX	HYROX		
19h30	CIRCUIT TRAINING	BAD'ASS	HYROX	TRX & KETTLEBELL			

Banana fit