

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

9h15

**B.WORK
CARDIO**

10h15

**B.WORK
LEG DAY**

11h30

**B.WORK
OUTDOOR**

12h30

TRAINING

**B.WORK
PUSH-PULL**

**B.WORK
CARDIO**

TRAINING

14h30

**B.WORK
UPPER**

**B.WORK
ARMS**

16h30

TRX

TRAINING

**B.WORK
LOWER**

**B.WORK
OUTDOOR**

17h30

**B.WORK
PEC**

TRX

**B.WORK
PUSH-PULL**

18h30

TRX

**B.WORK
LEG DAY**

TRAINING

19h45

**B.WORK
FORCE**

TRAINING

TRX