

ATHLETIC TRAINING

50% CARDIO / 50% RENFO

LA TEAM ES S'ENGAGE À VOUS FAIRE VIVRE
UNE EXPÉRIENCE UNIQUE ET INÉDITE,
TOTALEMENT IMMERSIVE ET LUDIQUE.

PLANNING 2021

LUN

12H45/45mn

FULL BODY
& ABS

18H/45mn

FULL BODY
& ABS

MAR

7H/45mn

FULL BODY
LOWER FOCUS
& GLUTE

12H15/50mn

FULL BODY
LOWER FOCUS
& GLUTE

18H/50mn

FULL BODY
LOWER FOCUS
& GLUTE

MER

7H/45mn

FULL BODY
UPPER CHEST
& SHOULDER

18H/50mn

FULL BODY
UPPER CHEST
& SHOULDER

JEU

7H/30mn

LES MILLS
GRIT

12H15/50mn

FULL BODY
BACK &
ABS

18H/45mn

FULL BODY
BACK &
ABS

VEN

7H/45mn

FULL BODY
HIGH
INTENSITY

12H45/45mn

FULL BODY
HIGH
INTENSITY

18H/50mn

FULL BODY
HIGH
INTENSITY

SAM

11H/50mn

FULL BODY
& ABS

14H/50mn

PERFORM
ATHLETIC

DIM

11H/50mn

FULL BODY
& ABS