

PLANNING SEPTEMBRE 2026

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12h30 - 13h15	ATHLETYX®	Booty S H A P E	 CYCLE	GLOBAL® S H A P E	POWER flow.®
17h30 - 18h00		 FIGHT			TRX® Suspension Training®
18h05 - 18h35	 FIGHT	 CYCLE	TRX® Suspension Training®	Booty S H A P E	POWER flow.®
18h45- 19h15	GLOBAL® S H A P E	POWER flow.®	 FIGHT	ATHLETYX®	 CYCLE
19h30 - 20h00	 CYCLE			TRX® Suspension Training®	 FIGHT