SQUARE GYM City TALENCE

PLANNING DES COURS

Du lundi 2 novembre au 18 décembre 2026

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
		12H30 (45') CAF	12H30 (45') CROSS TRAINING	12H30 (45') HIIT
			17H30 (45') STRETCHING	
18H30 (45') CROSS TRAINING	18H00 (45') HIIT	18H30 (45') CROSS TRAINING	18H30 (45') CAF	
19H15 (45') CROSS TRAINING		19H15 (45') CROSS TRAINING		