

TRAINING

HUMAN
BODY
EXERCISE

HBX

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9h
15
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10h
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18h
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19h
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20h
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21h
15
30

TRX
Suspension Training®

TRX
Suspension Training®

**CARDIO
BOXING**

TRX
Suspension Training®

BURN

HBX boxing

TRX
Suspension Training®

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Suspension Training®

TRX
Suspension Training®

BURN
BURN

TRX
Suspension Training®

HBX boxing

TRX
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HBX boxing

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HBX boxing

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RENFO MUSCULAIRE



CARDIO



MIXTE