

	MATIN					Après-midi / Soir		
LUN	PERSONAL TRAINING 7h30-9h	GROUP TRAINING 9H	GROUP TRAINING 10H	PERSONAL TRAINING 10h45-12h30	GROUP TRAINING 12H30	PERSONAL TRAINING 13h15-21h	GROUP TRAINING 19H	
MAR	PERSONAL TRAINING 7h30-18h					PERSONAL TRAINING 13h15-21h	FOOTBALL PLAY 18H	
MER	PERSONAL TRAINING 7h30-9h	GROUP TRAINING 9H	GROUP TRAINING 10H	PERSONAL TRAINING 10h45-12h30	GROUP TRAINING 12H30	PERSONAL TRAINING 13h15-21h	FOOTBALL PLAY 18H	GROUP TRAINING 19H
JEU	PERSONAL TRAINING 7h30-9h	GROUP TRAINING 9H	GROUP TRAINING 10H	PERSONAL TRAINING 10h45-12h30	GROUP TRAINING 12H30	PERSONAL TRAINING 13h15-21h		
VEN	PERSONAL TRAINING 7h30-9h	GROUP TRAINING 9H	GROUP TRAINING 10H	PERSONAL TRAINING 10h45-12h30	GROUP TRAINING 12H30	PERSONAL TRAINING 13h15-21h	FOOTBALL PLAY 17H30	
SAMEDI		FOOTBALL PLAY 9H30	GROUP TRAINING 10H30					
DIMANCHE		FOOTBALL PLAY 10H00						

PERSONAL TRAINING SUR RDV  
DU LUNDI AU SAMEDI de 7h30 à 21h

