

Planning TEAM TRAINING

Zone Functional Training

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Dimanche
6h00				CROSS TRAINING Clavien		
7h00					CROSS TRAINING Clavien	
10h30						CROSS TRAINING Tournus
12h15		CROSS TRAINING Jean-Léon	FIGHT CLUB Rachid	CROSS TRAINING Amalia		
18h00			CROSS TRAINING Clavien	SKI CLUB Antonio		
18h30	CROSS TRAINING Amalia	CROSS TRAINING Pauline				

Vous avez la possibilité de créer vos propres Team Training ! Informations et inscriptions : info@atelier-71.ch / 078 805 16 52 / 079 658 93 79