

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		CROSS TRAINING Amalia		
18h00			CROSS TRAINING Clavien			
18h30	CROSS TRAINING Amalia	OUTDOOR TRAINING Tournus				

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