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La Fabrique

PLANNING 2026



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h		CROSS TRAINING		CROSS TRAINING		BIKE
12h30	TRX		RS BOXING		CROSS TRAINING	
18h15	CROSS TRAINING	BIKE	TRX	HIT	RS BOXING	
19h00						
19h15	TRX	RSYROX	CROSS TRAINING	BIKE	CROSS TRAINING	

Séances de 45 min

