RS FAKTORY PRIVATE GYM

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La Fabrique

PLANNING 2026

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
8h30 – 9h15						RSYROX
10h – 10h45		CROSS TRAINING				BIKE
12h30 – 13h15	TRX		CROSS TRAINING		CROSS TRAINING	
18h – 18h45	CROSS TRAINING	BIKE	TRX	HIT / RS BOXING		
19h – 20h	TRX	RSYROX	CROSS TRAINING	BIKE	CROSS TRAINING	

Séances de 45 min