

WUON

+

NEW PLANNING GROUP TRAINING

MOVE
BETTER
LIVE
BETTER



||

LUNDI
JOUR 1

L

MARDI
JOUR 2

m

MERCREDI
JOUR 3

m

JEUDI
JOUR 4

J

|||

VENDREDI
JOUR 5

V

SAMEDI
JOUR 6

S

HBX

[MATIN]

HBX move
10:00 | 10:30

HBX boxing
10:00 | 10:30

HBX fusion
10:00 | 10:30

HBX boxing
10:00 | 10:30

HBX boxing
10:00 | 10:30

HBX

[MIDI]

HBX move
12:15 | 12:45

HBX fusion
12:15 | 12:45

HBX boxing
12:15 | 12:45

HBX fusion
12:15 | 12:45

HBX move
12:15 | 12:45

HBX

[SOIR]

HBX boxing
17:30 | 18:00
18:15 | 18:45
19:00 | 19:30

HBX fusion
17:30 | 18:00
18:15 | 18:45
19:00 | 19:30

HBX move
17:30 | 18:00
18:15 | 18:45
19:00 | 19:30

HBX boxing
17:30 | 18:00
18:15 | 18:45
19:00 | 19:30

HBX move
17:30 | 18:00
18:15 | 18:45
19:00 | 19:30

OFFICIAL CENTER

HBX | **boxing**
HBX | **fusion**
HBX | **move**

VIENS ESSAYER

VIENS ESSAYER



VIENS ESSAYER

VIENS ESSAYER

HUMAN BODY EXERCISE

HBX

||| **MOTIVATION**

||| **RÉSULTATS**

||| **PLAISIR**

OPEN GYM 7J/7



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