



LE QUAI

MORE THAN JUST A GYM

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:00	COACHING PERSO	COACHING PERSO	COACHING PERSO	COACHING PERSO	COACHING PERSO	COACHING PERSO	COACHING PERSO
11:00						BOXE	
12:15	CROSS	RENFORCEMENT MUSCULAIRE	CROSS	CROSS		COACHING PERSO	
15:00			KID	COACHING PERSO			
16:00	COACHING PERSO	COACHING PERSO	ADO				
18:00			COACHING PERSO				
19:00	BOXE	CROSS	BOXE	BOXE FEMININ	MMA		
20:00			MMA	CROSS			