



STUDIO OBJECTIF HARDCORE-CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00						
8:00-9:00						
9:00-10:00	*BOOTCAMP Mont royal 9h45	SHAPE UP (Diane)	BOOTCAMP (Diane)	BOOTCAMP ELITE (Diane)		*BOOTCAMP ELITE
10:00-11:00						
11:00-12:00						
12:00-13:00	BOXE deplacement	BOXE def. attaque	BOXE force explosion	BOXE def. attaque		
13:00-14:00						
14:00-15:00						
15:00-16:00						
16:00-17:00	*LION BOOTCAMP	*TAG-BO CLASSE	*LION BOOTCAMP	*TAG-BO CLASS	BOXE Sparring	
17:00-18:00	BYEBYEFAT *privat	KICKBOXING	BYEBYEFAT *privat	KICKBOXING BYEBYEFAT		
18:00-19:00	PUSH TO THE LIMIT	CIRCUIT CHALLENGE	PUSH TO THE LIMIT	CIRCUIT CHALLENGE		

*PACOME TAGBO

* EVERYTHING IS THERE TO MAKE YOU REACH YOUR GOAL



PACÔME TRAINING

INCLUDED IN THE PRICE: WEIGH IN
PICTURE BEFORE&AFTER
NUTRITION PLAN
PROGRAM TO MAKE YOU REACH YOUR GOALS
ALL THE CLASSES (except L.W.STD)