



## STUDIO OBJECTIF HARDCORE-CLASS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 8:00		*SHAPE UP (reservation)				SHAPE-UP (P)	
9:00 10:00							
10:00 11:00	*BOOTCAMP ELITE		SHAPE UP (Diane)	BOOTCAMP (Diane)	BOOTCAMP (Diane)		BOOTCAMP ELITE
11:00 12:00	KIDSBOXING 5 – 12 ANS						
12:00 1:00	KICK BOXING (ADO) 12 -16	FREE BOXING (conseil)			FREE BOXING (conseil)		
1:00 2:00							
2:00 3:00		BOXE (Alex)	*BOXE	*BOXE KICKBOXING	*BOXE		
3:00 4:00							
4:00 5:00							FREE BOXING
5:00 6:00		ROPE DOPE ELITE (alex)		FREE BOXING			
6:00 7:00	*L.W.STD (prive)	ZUMBA (Nathalie)	*TAG-BO CLASS		*TAG-BO CLASS	*SPARING	
7:00 8:00		*L.W.STD (prive 7:30)	KICK BOXING (A)	*L.W.STD (prive 7:30)	KICKBOXING		
8:30 9:30		BOOTCAMP (Alex)	CARDIO- BEAST(A)	ZUMBA (Nathalie)			

\*PACOME TAGBO



# 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)