

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9:30-10:30						CROSS TRAINING
10:30-11:30						CROSS TRAINING
12:20-13:20	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	ENDURANCE	CROSS TRAINING	
13:30-17:30						Ou Evènement
17:30-18:30	ENDURANCE	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	RENFORCEMENT MUSCULAIRE	1x par mois
18:30-19:30	CROSS TRAINING	RENFORCEMENT MUSCULAIRE	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
19:30-20:30	CROSS TRAINING		CROSS TRAINING	CROSS TRAINING		

Accueil au public :

Mardi :
17:30 / 19:30

Jeudi :
17:30 / 19:30