

PLANNING



	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	Ou	<u>Accueil au public :</u>
13:30-17:30						Evènement 1x par mois	Mardi : 17:30 / 19:30
17:30-18:30	ENDURANCE	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	RENFORCEMENT MUSCULAIRE		Jeudi : 17:30 / 19:30
18:30-19:30	CROSS TRAINING	RENFORCEMENT MUSCULAIRE	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
19:30-20:30	CROSS TRAINING		CROSS TRAINING	CROSS TRAINING			