

CYCLE 7 - 10 MARS 2025 au 06 AVRIL 2025

HEURES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
08H-09H						
08H30-09H30			08H30-09H30 WOD			
09H-10H	WOD	WOD		WOD	GYM	
09H30-10H30			09H30-10H30 WOD			9H30-10H30 TEAM WOD
10H-11H	10H-11H OPEN GYM	10H-11H OPEN GYM		10H-11H OPEN GYM	10H-11H OPEN GYM	
10H30-11H30						10H30 - 11H30 RENFO
11H15-12H15						
11H30-12H30		PRIVE		PRIVE		
12H-13H	WOD		WOD		WOD	
12H30-13H30		12H30--13H30 RENFO		12H30-13H30 WOD		
13H-14H			13H-14H KIDS 7/11			
14H-15H			14H-15H TEENS 12/15			
15H-16H	14H-17H OPEN GYM		15H-17H OPEN GYM		14H-17H OPEN GYM	
16H-17H		16H-17H OPEN GYM		16H-17H OPEN GYM		
17H-18	WOD	WOD	WOD	WOD	WOD	
18H-19	CORE TRAINING	WOD	WOD	HALTERO	WOD	
19H-20H	CARDIO	WOD	CARDIO	WOD		