

# Horaire 2020

## Lundi

■	OPEN GYM	09:00 - 10:00
■	OPEN GYM	10:00 - 11:00
■	OPEN GYM	11:00 - 12:00
■	CrossFit WOD	12:15 - 13:00
■	CrossFit WOD	16:30 - 17:30
■	OPEN GYM	16:30 - 17:30
■	CrossFit WOD	17:30 - 18:30
■	OPEN GYM	17:30 - 18:30
■	HIIT	18:00 - 18:30
■	CrossFit WOD	18:30 - 19:30
■	OPEN GYM	18:30 - 19:30
■	CrossFit WOD	19:30 - 20:30
■	OPEN GYM	19:30 - 20:30

## Mardi

■	OPEN GYM	09:00 - 10:00
■	OPEN GYM	10:00 - 11:00
■	OPEN GYM	11:00 - 12:00
■	CrossFit WOD	12:15 - 13:00
■	OPEN GYM	16:30 - 17:30
■	CrossFit WOD	17:30 - 18:30
■	KIDS Training	17:30 - 18:30

■	HIIT	18:00 - 18:30
■	CrossFit WOD	18:30 - 19:30
■	OPEN GYM	18:30 - 19:30
■	CrossFit WOD	19:30 - 20:30
■	YOGA	19:30 - 20:30

## Mercredi

■	OPEN GYM	09:00 - 10:00
■	OPEN GYM	10:00 - 11:00
■	OPEN GYM	11:00 - 12:00
■	CrossFit WOD	12:15 - 13:00
■	CrossFit WOD	16:30 - 17:30
■	CrossFit WOD	17:30 - 18:30
■	OPEN GYM	17:30 - 18:30
■	HIIT	18:00 - 18:30
■	CrossFit WOD	18:30 - 19:30
■	OPEN GYM	18:30 - 19:30
■	CrossFit WOD	19:30 - 20:30
■	OPEN GYM	19:30 - 20:30

## Jeudi

■	OPEN GYM	09:00 - 10:00
■	OPEN GYM	10:00 - 11:00
■	OPEN GYM	11:00 - 12:00
■	CrossFit WOD	12:15 - 13:00
■		

OPEN GYM

16:30 - 17:30

■ CrossFit WOD

17:30 - 18:30

■ OPEN GYM

17:30 - 18:30

■ CrossFit WOD

18:30 - 19:30

■ OPEN GYM

18:30 - 19:30

■ HIIT

18:30 - 19:00

■ CrossFit WOD

19:30 - 20:30

■ OPEN GYM

19:30 - 20:30

## Vendredi

■ OPEN GYM

09:00 - 10:00

■ OPEN GYM

10:00 - 11:00

■ OPEN GYM

11:00 - 12:00

■ CrossFit WOD

12:15 - 13:00

■ HIIT

17:30 - 18:00

■ OPEN GYM

17:30 - 19:00

■ CrossFit WOD

18:00 - 19:00

## Samedi

■ YOGA

09:30 - 10:30

*(1 à 2 / mois)*

■ OPEN GYM

09:30 - 10:30

■ CrossFit WOD

10:30 - 11:30

■ OPEN GYM

10:30 - 11:30