

Horaire 2024

Lundi

■	Open Gym	09:00 - 13:00
■	CrossFit	12:10 - 13:05
■	CrossFit	16:30 - 17:30
■	Open Gym	16:30 - 20:30
■	CrossFit	17:30 - 18:30
■	HIIT	17:45 - 18:15
■	CrossFit	18:30 - 19:30
■	CrossFit	19:30 - 20:30

Mardi

■	Open Gym	09:00 - 13:00
■	CrossFit	12:10 - 13:05
■	Open Gym	16:30 - 20:30
■	CrossFit	17:30 - 18:30
■	Kids Training	17:30 - 18:15
■	CrossFit	18:30 - 19:30
■	Hybrid Training	19:00 - 20:00

Mercredi

■	Open Gym	09:00 - 13:00
■	CrossFit	12:10 - 13:05
■	CrossFit	16:30 - 17:30
■		

Open Gym

16:30 - 20:30

■ CrossFit

17:30 - 18:30

■ HIIT

17:45 - 18:15

■ CrossFit

18:30 - 19:30

■ CrossFit

19:30 - 20:30

Jeudi

■ Open Gym

09:00 - 13:00

■ CrossFit

12:10 - 13:05

■ Open Gym

16:30 - 19:30

■ CrossFit

17:30 - 18:30

■ CrossFit

18:30 - 19:30

Vendredi

■ Open Gym

09:00 - 13:00

■ CrossFit

12:10 - 13:05

■ Open Gym

17:00 - 19:00

■ CrossFit

17:00 - 18:00

■ HIIT

17:30 - 18:00

■ CrossFit

18:00 - 19:00

Samedi

■ CrossFit

10:00 - 11:00

■ Open Gym

10:00 - 12:00

■ Hybrid Training

11:00 - 12:00