

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
7h30-8h30	WOD		WOD		WOD	HORAIRES WEEK-END	
8h30-9h30	WOD	WOD	HYROX	YOGA	BODY SCULPT	10H00-11H30	10H00-11H00
9H30-10H30	OPEN GYM	BODY SCULPT	WEIGHTLIFTING	10H00-11H00 BODY SCULPT	OPEN GYM	HYROX	WOD TEAM
10h30-12h15	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		WOD TEAM
12h15-13h15	BURN	WOD	WOD	GYM	BURN	11H30-12H30 WOD	
13h15-17h00	OPEN GYM	OPEN GYM	14H30-15H30 KIDS	OPEN GYM	OPEN GYM	12H30-14H00 OPEN GYM	
17h00-18h00	WOD	WOD	OPEN GYM	OPEN GYM	WOD		
18h00-19h00	WOD	LOWER BODY	UPPER BODY	WOD TEAM	WEIGHTLIFTING		
19h00-20h00	19H00-19H45 BODY SCULPT	GYM	WOD	WOD TEAM	WOD		
20h00-21h00	19H45-20H30 PILATES	WOD	WOD				