

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
08:00 - 9:00	CrossFit	Fondamentaux			CrossFit	
09:00 - 10:00	CrossFit	CrossFit			CrossFit	Teens (12-17ans)
10:00 - 11:00					Open Gym	CrossFit
11:00 - 12:15					Open Gym	CrossFit
12:15 - 13:15	Mobilité	CrossFit	CrossFit	CrossFit	CrossFit	Fondamentaux (12:30-13:30)
13:15 - 14:15	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
14:15 - 15:00	Open Gym	Open Gym		Open Gym		
15:00 - 16:00	Open Gym	Open Gym	Pre school (3-5 ans) 15:30-16:00	Open Gym		
16:00 - 17:00	Open Gym	Open Gym	Kids (5-12 ans) 16:15-16:50	Open Gym	CrossFit	
17:00 - 18:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
18:00 - 18:30	CrossFit	CrossFit	CrossFit	CrossFit	Mobilité 30 min	
18:30 - 19:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
19:00 - 19:30	CrossFit	CrossFit	CrossFit	Mobilité	Weightlifting	Mobilité 30 min
19:30 - 20:00	CrossFit	CrossFit	CrossFit	Mobilité	Weightlifting	Mobilité 30 min
20:00 - 21:00	Weightlifting	CrossFit	CrossFit	Essai	Weightlifting	Fondamentaux