

	7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h		
Lundi 7h - 21h	Cross training 7h (60')	Cross training 8h (60')					Cross training 12h (60')	Cardio 13h (30')					Cross training 17h (60')	Cardio 18h (30')	Cross training 18h30 (60')	Cardio 19h30 (30')	Cross training 20h (60')
	Open Mat												Taekwondo 18h30 (120')				
														Yoga 19h30 (60')			
Mardi 7h - 21h	Cross training 7h (60')	Cross training 8h (60')					Cardio 12h30 (30')	Cross training 13h (60')					Cross training 17h (60')	Cardio 18h (30')	Cross training 18h30 (60')	Cross training 19h30 (60')	Cardio 20h30 (30')
	Open Mat											Cardio Boxing 18h30 (60')					
													Pilates Privé 18h40 (60')	Pilates 19h45 (60')			
Mercredi 7h - 21h	Cross training 7h (60')	Cross training 8h (60')					Cardio 12h (30')	Cross training 12h30 (60')					Cross training 17h (60')	Cardio 18h (30')	Cross training 18h30 (60')	Cardio 19h30 (30')	Cross training 20h00 (60')
	Open Mat											Boxe 18h30 (90')					
														Yoga 19h30 (60')			
Jeudi 7h - 21h	Cross training 7h (60')	Cross training 8h (60')					Cross training 12h (60')	Cardio 13h (30')					Cardio 17h (30')	Cross training 17h30 (60')	Cardio 18h30 (30')	Cross training 19h (60')	Cross training 20h (60')
	Open Mat											Cardio Boxing 18h (60')	Jujitsu Brésilien 19h (120')				
													Yoga 18h30 (60')	Pole Dance 19h30 (60')			
Vendredi 7h - 21h	Cross training 7h (60')	Cross training 8h (60')					Cross training 12h (60')	Cardio 13h (30')					Cross training 17h (60')	Cardio 18h (30')	Cross training 18h30 (60')	Cross training 19h30 (60')	Cardio 20h30 (30')
	Open Mat											Cardio Boxing 18h30 (60')					
													Pilates 18h30 (60')				
Samedi 9h - 12h			Cross training 9h (60')	Cross training 10h (60')													
			Open Mat														
Dimanche 10h - 12h			Cross training 10h (60')	Cross training 11h (60')													
			Open Mat														

