

	7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	
<b>Lundi</b> 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')	
	Dojo												AcroYoga 18h(90')	MMA 19h35 (60')		
	Salle Yoga			Yoga 9h (60')											Pole Dance 18h30 (60')	Yoga 19h30 (45')
<b>Mardi</b> 7h - 21h	Cross training 7h (60')	Cross training 8h (60')				Cardio 12h30 (30')	Cross training 12h30 (60')					Cardio 17h (30')	Cross training 17h30 (60')	Cross training 18h30 (60')	Cross training 19h30 (60')	Cardio 20h30 (30')
	Dojo												Art du mouvement 18h45 (45')	Boxe Anglaise 19h35 (60')		
	Salle Yoga												Yoga 18h45 (45')	Pilates 19h35 (45')		
<b>Mercredi</b> 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 20h (60')	
	Dojo												Pieds Poings 18h30 (60')	Atypical BodyWeight 19h35 (60')		
	Salle Yoga												Atypical Balance 18h30 (45')	Yoga 19h30 (45')		
<b>Jeudi</b> 7h - 21h	Cross training 7h (60')	Cross training 8h (60')				Cross training 12h15 (60')	Cardio 13h15 (30')					Cardio 17h (30')	Cross training 17h30 (60')	Cardio 18h30 (30')	Cross training 19h (60')	Cross training 20h (60')
	Dojo												Boxe Anglaise 18h (60')	Jujitsu Brésilien 19h (90')		
	Salle Yoga												Atypical Balance 17h30 (45')	Yoga 18h30 (45')	Pole Dance 19h30 (60')	
<b>Vendredi</b> 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')	
	Dojo												Grappling 18h30 (90')			
	Salle Yoga												Pilates 18h30 (45')			
<b>Samedi</b> 9h - 12h			Cross training 9h (60')	Cross training 10h (60')												
			Dojo													
			Salle Yoga													
<b>Dimanche</b> 10h - 12h			Cross training 10h (60')	Cross training 11h (60')												
			Dojo													
			Salle Yoga													



**ATYPICAL  
TRAINING**