

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI		DIMANCHE				
8H30 / 9H	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX								
9H / 10H						WOD / OPEN BOX		WOD / OPEN BOX				
10H / 11H	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD	OPEN	WOD	OPEN			
11H / 12H	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD	OPEN	WOD	OPEN			
12H / 13H	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	ENDURANCE		WEIGHTLIFTING				
13H / 14H						KIDS (GRANDS) 13H30 / 14H30						
14H15 / 15H15			KIDS (GRANDS)			OPEN BOX						
15H15 / 16H												
16H / 17H	WOD / OPEN BOX	WOD / OPEN BOX	OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX							
17H / 18H	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX	WOD / OPEN BOX							
18H / 19H	WOD	OPEN	WOD	OPEN	WOD					OPEN	ACCESSORY WORK	
19H / 20H	WOD	OPEN	GYM		WEIGHTLIFTING / SÉANCE D'INITIATION						OPEN	WOD
20H / 21H	WEIGHTLIFTING / SÉANCE D'INITIATION		WOD	OPEN	WOD	OPEN	MOBILITY		WOD	OPEN		
21H / 22H	MOBILITY				ENDURANCE							