

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI		DIMANCHE	
8H30 / 9H	OPEN BOX	OPEN BOX	OPEN BOX		OPEN BOX				
9H / 10H						WOD / OPEN BOX		YOGA	
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	YOGA	WOD / OPEN BOX	WOD / OPEN BOX	ENDURANCE		GYM	
13H / 14H						KIDS 13H / 13h45			
14H / 15H						TEENS 13H45 / 14H30			
15H / 16H						OPEN BOX			
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	OPEN	
20H / 21H	WEIGHTLIFTING / SÉANCE D'INITIATION	WOD	OPEN	WOD	OPEN	MOBILITY	WOD	OPEN	
21H / 22H		YOGA	ENDURANCE						