

Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi	
9h - 21h		9h - 14h / 17h - 21h		9h - 14h / 17h - 21h		9h - 14h / 17h - 21h		9h - 20h		9h - 13h	
				CROSS TRAINING	9h00 30'						
CROSS TRAINING	9h30 30'										
		CROSS TRAINING	12h30 30'	CROSS TRAINING	12h30 30'			CROSS TRAINING GRIT	12h30 30'		
						LESMILLS GRIT	18h30 30'			LE STUDIO SPORT TOURS ★★★★★	
LESMILLS GRIT	19h00 30'										
		CROSS TRAINING	19h30 30'								
				LESMILLS GRIT	20h00 30'						
										FERMETURE A 20H00	FERMETURE A 13h00
FERMETURE A 21H											