

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
	9h - 21h	9h - 14h / 17h - 21h	9h - 14h / 17h - 21h	9h - 14h / 17h - 21h	9h - 20h	9h - 13h
Matinée	CROSS TRAINING 9h30 30'		CROSS TRAINING 9h00 30'			
Midi			CROSS TRAINING 12h30 30'		LES MILLS GRIT 12h45 30'	
Soirée	LES MILLS GRIT 18h30 30'		LES MILLS GRIT 17h30 30'	CROSS TRAINING 18h30 30'	LES MILLS GRIT 18h30 30'	LE STUDIO SPORT TOURS ☆☆☆
		LES MILLS GRIT 19h15 30'				
			LES MILLS GRIT 20h00 30'			
	FERMETURE A 21 H				FERMETURE A 20 H	FERMETURE A 13 H