



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

**LE  
STUDIO  
SPORT**

TOURS  
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