

PLANNING ZONE FONCTIONNELLE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

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9H30

CROSS
TRAINING



9H30

CROSS
TRAINING



12H30

CROSS
TRAINING
LIBRE



12H30

CROSS
TRAINING
LIBRE



12H30

CROSS
TRAINING
LIBRE



12H30

CROSS
TRAINING
LIBRE



12H30

LES MILLS
GRIT



18H30

LES MILLS
GRIT



17H30

CROSS
TRAINING



17H30

LES MILLS
GRIT



18H

CROSS
TRAINING



18H30

CROSS
TRAINING



18H30

LES MILLS
GRIT



19H15

CROSS
TRAINING



19H15

LES MILLS
GRIT



20H

LES MILLS
GRIT



OUVERTURES

LUNDI : 9H-21H

MARDI : 9H-14H / 17H-21H

MERCREDI : 9H-14H / 17H-21H

JEUDI : 9H-14H / 17H-21H

VENDREDI : 9H-20H

SAMEDI 9H-13H

LE STUDIO SPORT

TOURS
☆☆☆