

PLANNING ZONE FONCTIONNELLE

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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

9H30
CROSS TRAINING 30'

9H30
CROSS TRAINING 30'

12H30
CROSS TRAINING LIBRE 30'

12H30
CROSS TRAINING LIBRE 30'

12H30
CROSS TRAINING LIBRE 30'

12H30
CROSS TRAINING LIBRE 30'

12H30
LES MILLS GRIT 30'

17H30
CROSS TRAINING 30'

17H30
LES MILLS GRIT 30'

17H30
LES MILLS GRIT 30'

18H
CROSS TRAINING 30'

18H30
LES MILLS GRIT 30'

18H30
LES MILLS GRIT 30'

18H30
CROSS TRAINING 30'

18H30
LES MILLS GRIT 30'

19H15
CROSS TRAINING 30'

19H15
LES MILLS GRIT 30'

20H
LES MILLS GRIT 30'

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