

Horaire des entraînements en salle

	Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi	Dimanche
6h00-7h00	CardioFit 12 Dylan	CrossFit 10 Godefroy	CrossFit 14 Justine	CrossFit 12 Dylan	CrossFit 10 Godefroy	CrossFit 14 Godefroy	CrossFit Tech. 10 Dylan	CardioFit 12 Godefroy	8h30-9h30	8h00-9h30	EnfantFit 12 Andrew	Avancé 15 P-O
7h00-8h00	CrossFit Technique 14 Dylan	CardioFit 14 Justine	CrossFit 14 Dylan	CardioFit 14 Godefroy	CrossFit 14 Dylan	CrossFit 14 Godefroy	CrossFit 14 Dylan	CrossFit 14 Dylan	9h30-10h30		CrossFit Tech. 14 Godefroy	CrossFit Tech. 14 P-O
8h00-9h00	CrossFit Technique 14 Dylan	Masters 55 et + 14 Sara	CrossFit Technique 14 Dylan	Masters 55 et + 14 Sara	CrossFit Technique 14 Dylan	CrossFit Technique 14 Sara	CrossFit Technique 14 Sara	CrossFit Technique 14 Sara	CrossFit Tech. 14 Godefroy	CrossFit Tech. 14 P-O	CrossFit Tech. 14 Godefroy	CrossFit Tech. 14 P-O
9h00-10h00	CardioFit 12 Sara	CrossFit Tech. 10 Dylan	CrossFit Technique 14 Justine	CardioFit 12 Sara	CrossFit 10 Dylan	CrossFit Technique 14 Justine	CardioFit 12 Sara	CrossFit Tech. 10 Godefroy	CardioFit 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 P-O
10h30-11h30	CrossFit Tech. 10 Andrew	CardioFit 12 Godefroy	CrossFit Technique 14 Andrew	CrossFit 10 Godefroy	CardioFit 12 Dylan	CrossFit 12 Justine	CrossFit 10 Andrew	CardioFit 12 Godefroy	CrossFit Tech. 14 Andrew	CardioFit 14 Godefroy	CrossFit Tech. 14 Andrew	CardioFit 14 P-O
11h30-12h30	CrossFit 14 P-O	CrossFit Technique 14 Andrew	CardioFit 14 Godefroy	CrossFit Technique 14 Andrew	CardioFit 14 Godefroy	CrossFit Technique 14 Andrew	CrossFit Technique 14 Andrew	CrossFit Technique 14 Andrew	CrossFit 14 Andrew	CrossFit 14 P-O	CrossFit 14 Andrew	CrossFit 14 P-O
12h30-13h00	CrossFit Technique 14 P-O	CardioFit 14 Andrew	CardioFit 14 P-O	CrossFit Technique 14 P-O	CardioFit 14 P-O	CrossFit Technique 14 Andrew	CardioFit 14 Andrew	CrossFit 14 Andrew	CrossFit 14 Andrew	CrossFit 14 P-O	CrossFit 14 Andrew	CrossFit 14 P-O
13h00-14h30	CrossFit 10 Andrew	CardioFit 12 P-O	CrossFit Tech. 12 P-O	CardioMob 10 Elysa	CrossFit 10 P-O	CardioFit 12 Andrew	CrossFit Tech. 10 Godefroy	CardioMob 10 Amélie	CardioFit 14 Andrew	CrossFit 14 Andrew	CrossFit 14 Andrew	CrossFit 14 Andrew
14h30-15h30	CrossFit Tech. 10 Andrew	CardioFit 12 P-O	CrossFit 10 P-O	CardioFit 12 Dylan	CrossFit tech. 10 P-O	CardioFit 12 Andrew	CrossFit 10 Godefroy	CardioFit 12 Amélie	CrossFit Technique 14 Andrew	CrossFit Technique 14 Andrew	CrossFit Technique 14 Andrew	CrossFit Technique 14 Andrew
15h30-16h30	CrossFit 12 Dylan	Masters 12 Andrew	CrossFit Tech. 10 Dylan	CardioFit 12 P-O	CrossFit 10 Andrew	CardioFit 12 Dylan	CrossFit Tech. 14 Godefroy	CardioFit 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew
16h30-17h30	CrossFit 10 Dylan	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Dylan	CrossFit Tech. 14 Godefroy	CardioFit 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew
17h30-18h30	CrossFit 10 Dylan	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Dylan	CrossFit Tech. 14 Godefroy	CardioFit 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew
18h30-19h30	CrossFit 10 Dylan	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Dylan	CrossFit Tech. 14 Godefroy	CardioFit 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew
19h30-20h30	CrossFit 10 Dylan	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Dylan	CrossFit Tech. 14 Godefroy	CardioFit 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew
20h30-21h30	CrossFit 10 Dylan	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Andrew	CrossFit 10 Andrew	CardioFit 12 Dylan	CrossFit Tech. 14 Godefroy	CardioFit 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew	CrossFit Tech. 14 Andrew

Séances "Avantage"	CrossFit Technique	Recommandé au débutant	Membres Concept RX	Groupe d'entraînement privé
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