



	Lundi	Mardi	Mercredi	Jeudi	Vendredi		Samedi	Dimanche
6h00-7h00	CrossFit	CrossFit Tech	CrossFit	CrossFit Tech	CrossFit			
7h00-8h00	CrossFit Tech	CrossFit	CrossFit Tech	CrossFit	CrossFit Tech	8h30-9h30	CrossFit Kids	
8h00-9h00	CardioFit	CardioFit	CardioFit	CardioFit	CardioFit	9h30-10h30	TeamWOD	CardioFit
9h00-10h00	CrossFit Tech	CrossFit Tech	CrossFit Tech	CrossFit Tech	CrossFit Tech	10h30-11h30	TeamWOD	CrossFit Tech
9h00-10h00	CardioFit	CardioFit	CardioFit	CardioFit	CardioFit	11h30-12h30	TeamWOD	Crossfit
12h00-13h00	CrossFit Tech	CardioFit	CrossFit	CrossFit Tech	CardioFit	11h30-12h30	Crossfit ADOS	
12h00-12h45		CrossFit Xpress		CrossFit Xpress				
15h30-16h30	CardioFit	CrossFit Tech	CardioFit	CrossFit Tech	CardioFit			
16h00-17h00	CrossFit	CrossFit Tech	CrossFit	CrossFit Tech	CrossFit			
16h30-17h30	CardioFit	CrossFit	CardioFit	CrossFit	CardioFit			
17h00-18h00	CrossFit Tech	CardioFit	CrossFit Tech	CardioFit	CrossFit Tech			
17h30-18h30	Haltérophilie	CrossFit Tech	Haltérophilie	CrossFit Tech	CardioFit			
18h00-19h00	CrossFit	Gymnastique	CrossFit	Gymnastique	CrossFit			
18h30-19h30	CardioFit	CrossFit	CardioFit	CrossFit	CardioFit			
19h00-20h00	CrossFit Tech	CardioFit	CrossFit Tech	CardioFit	CrossFit Tech			
19h30-20h30	CrossFit	CrossFit Tech	CrossFit	CrossFit Tech	CardioFit			

HORAIRE Été / Automne 2019

Du 19 aout au 15 décembre 2019