



# Concept Ekilibre Sherbrooke

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
6h00-7h00	Crossfit	CrossFit	Crossfit	CardioFit	CrossFit		
7h00-8h00	CrossFit	CrossFit Tech	CardioFit	CrossFit	CrossFit Tech		
8h00-9h00	CrossFit Tech	CardioFit	CrossFit	CrossFit Tech	CardioFit		
8h30-9h30						CrossFit Kids	
9h00-10h00	CardioFit	CrossFit Tech	CardioFit	CrossFit Tech	CardioFit		
9h30-10h30						Team WOD	CrossFit Tech
10h30-11h30						Team WOD	CardioFit
11h30-12h30						Team WOD	CrossFit
12h00-13h00	CrossFit Tech	CardioFit	CrossFit	CrossFit Tech	CardioFit		
13h00-15h00							COMPÉTITIF
13h30-15h00						Pilates/Perfection	
15h30-16h30	CrossFit		CrossFit Tech				
16h00-17h00		CardioFit		CardioFit	CrossFit		
16h30-17h30	CardioFit		CardioFit				
17h00-18h00	CrossFit Tech	CrossFit	CrossFit Tech	CrossFit	CardioFit		
17h30-18h30	Haltérophilie	CardioMob	Gymnastique	Haltérophilie			
18h00-19h00	CrossFit Tech	CrossFit Tech	CrossFit Tech	CrossFit Tech	CrossFit Tech		
18h30-19h30	CardioFit	CardioFit	CardioFit	CardioFit			
19h00-20h00	CrossFit	CrossFit Tech	CrossFit	CrossFit Tech	CardioFit		
19h30-20h30			CrossFit	CrossFit			

**Du lundi 7  
janvier au  
dimanche  
28 avril  
2019**

## HORAIRE HIVER 2019