

Horaire Printemps/Été 2019



29 avril au 18 aout 2019

	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 kid	
8h00-9h00	CardioFit	CardioFit	CardioFit	CardioFit	CardioFit		
9h30-10h30						Team Wod	CrossFit Tech
9h00-10h00	CrossFit Tech	CardioFit	CrossFit Tech	CardioFit	CrossFit Tech		
	CardioFit	CrossFit Tech	CardioFit	CrossFit Tech	CardioFit		
10h30-11h30						Team Wod	CardioFit
11h30-12h30						Team Wod	CrossFit
12h00-13h00	CrossFit Tech	CardioFit	CrossFit	CrossFit Tech	CardioFit		
12h30-14h00						Gym/Haltéro	
15h30-16h30	CrossFit Tech	CardioFit	CrossFit Tech	CrossFit Tech	CrossFit Tech		
16h00-17h00	CrossFit	CrossFit Tech	CrossFit	CrossFit	CrossFit		
16h30-17h30	CardioFit	CrossFit	CardioFit	CardioFit	CardioFit		
17h00-18h00	CrossFit Tech	Cardio-Mob	CrossFit Tech	CrossFit Tech	CrossFit Tech		
17h30-18h30	Haltérophilie	CrossFit Tech	CrossFit	Haltérophilie	CrossFit		
18h00-19h00	CardioFit	CrossFit	Gymnastique	CardioFit	Gymnastique		
18h30-19h30	CrossFit Tech	CardioFit	CardioFit	CrossFit Tech			
19h00-20h00	CrossFit	CrossFit Tech	CrossFit	CrossFit			