	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7h	WOD	WOD	CARDIO TRAINING	WOD TEAM	WOD		
7h30							
8h	FREE	FREE	WOD	FREE	FREE		
8h30							
9h	COMPETITOR	WOD	WOD	WOD TEAM	WOD	WOD	
9h30							
10h	FREE	FREE	FREE	FREE	FREE	RENFO / CARDIO TRAINING	WOD TEAM
10h30							
11h						WOD	WOD TEAM
11h30							
12h						WOD	
12h30	WOD / WOD GYM	COMPETITOR / HALTERO	WOD / HALTERO	WOD TEAM	RENFO / CARDIO TRAINING		
13h						TEEN	
13h30							
14h	FREE	FREE	FREE	FREE	FREE	COMPETITOR	
14h30							
15h						FREE	
15h30			KIDS				
16h							
16h30			FREE				
17h	WOD	WOD	COMPETITOR	WOD TEAM	COMPETITOR		WOD
17h30							
18h	WOD	COMPETITOR	CARDIO TRAINING / STRENGTH	COMPETITOR	WOD		
18h30							
19h	WOD GYM / RENFO / CARDIO TRAINING	WOD / HALTERO	WOD / SKILL GYM	RENFO / CARDIO TRAINING	WOD		
19h30							
20h	WOD / HALTERO	WOD GYM / CARDIO TRAINING	COMPETITOR	WOD TEAM	WOD		
20h30							

FERMETURE A 21h