CHARTRONS

PLANNING 2022

LUNDI

- BOX CROSSFIT 07h30-08h30 WOD CROSSFIT
- TRAINING ZONE 10h15-11h00 Gym Trad
- TRAINING ZONE 11h00-11h45 Gym Posturale
- TRAINING ZONE 12h15-12h45 Booty Training
- RIDE ZONE 12h15-12h45 Ride
- BOX CROSSFIT 12h30-13h30 WOD CROSSFIT
- TRAINING ZONE 12h45-13h30 Balance FLEX
- BODY AND MIND ZONE 13h00-13h30 TRX
- BOX CROSSFIT 17h30-18h15 WOD CROSSFIT
- TRAINING ZONE 18h00-18h45 Pump
- BODY AND MIND ZONE 18h15-18h45 Mobility
- BOX CROSSFIT 18h15-19h00 WOD CROSSFIT
- TRAINING ZONE 18h45-19h30 LesMills Attack
- BODY AND MIND ZONE 18h45-19h15 TRX
- BOX CROSSFIT 19h00-19h45 WOD CROSSFIT
- TRAINING ZONE 19h30-20h15 Balance FORCE
- BODY AND MIND ZONE 19h15-19h45 Booty Training
- BOX CROSSFIT 19h45-20h30 WOD CROSSFIT
- RIDE ZONE 20h00-20h45 Ride
- BODY AND MIND ZONE 20h00-20h45 Pilates

MARDI

- TRAINING ZONE 09h00-10h15 Gym Globale
- RIDE ZONE 10h00-10h45 Ride
- TRAINING ZONE 11h00-11h30 Stretching
- BODY AND MIND ZONE 11h30-12h15 Pilates
- TRAINING ZONE 12h15-12h45 Abdos de Gasquet
- TRAINING ZONE 12h45-13h30 Pump
- BOX CROSSFIT 12h30-13h30 WOD CROSSFIT
- BOX CROSSFIT 17h30-18h15 WOD CROSSFIT
- TRAINING ZONE 18h00-18h30 Lift
- RIDE ZONE 18h15-19h00 Ride
- BOX CROSSFIT 18h15-19h00 WOD CROSSFIT
- TRAINING ZONE 18h30-19h15 Boxing
- BOX CROSSFIT 19h00-19h45 WOD CROSSFIT
- TRAINING ZONE 19h15-20h00 Pump
- BODY AND MIND ZONE 19h15-20h00 Stretching
- BOX CROSSFIT 19h45-20h30 WOD CROSSFIT
- BODY AND MIND ZONE 20h00-21h00 Yoga
- TRAINING ZONE 20h15-21h00 Abdos de Gasquet

MERCREDI

- TRAINING ZONE 10h15-11h00 Core Training
- BODY AND MIND ZONE 11h00-11h45 Stretching
- BODY AND MIND ZONE 12h00-12h30 TRX
- TRAINING ZONE 12h30-13h15 Boxing
- BODY AND MIND ZONE 12h30-13h00 100% Abdos
- BOX CROSSFIT 12h30-13h30 WOD CROSSFIT
- BODY AND MIND ZONE 17h45-18h15 TRX
- BOX CROSSFIT 17h30-18h15 WOD CROSSFIT
- TRAINING ZONE 18h00-18h45 Pump
- BODY AND MIND ZONE 18h15-18h45 Abdos de Gasquet
- BOX CROSSFIT 18h15-19h00 WOD CROSSFIT
- TRAINING ZONE 18h45-19h15 HIIT Workout
- BODY AND MIND ZONE 19h00-19h45 Pilates
- BOX CROSSFIT 19h00-19h45 WOD CROSSFIT
- TRAINING ZONE 19h15-20h00 Boxing
- BODY AND MIND ZONE 19h45-20h15 TRX
- BOX CROSSFIT 19h45-20h30 WOD CROSSFIT
- TRAINING ZONE 20h00-20h45 Jam
- BODY AND MIND ZONE 20h15-21h00 Balance FLEX

JEUDI

- TRAINING ZONE 09h00-10h15 Gym Globale
- BODY AND MIND ZONE 10h00-11h00 Gym Ball
- TRAINING ZONE 11h00-12h00 Yoga
- TRAINING ZONE 12h15-12h45 Core Training
- TRAINING ZONE 12h45-13h15 Lift
- BOX CROSSFIT 12h30-13h30 WOD CROSSFIT
- BOX CROSSFIT 17h30-18h15 WOD CROSSFIT
- TRAINING ZONE 18h00-18h30 HIIT Workout
- BOX CROSSFIT 18h15-19h00 WOD CROSSFIT
- TRAINING ZONE 18h30-19h15 Pump
- BODY AND MIND ZONE 18h30-19h15 Balance FORCE
- BOX CROSSFIT 19h00-19h45 WOD CROSSFIT
- TRAINING ZONE 19h15-20h00 YourDanse
- RIDE ZONE 19h30-20h15 Ride
- BOX CROSSFIT 19h45-20h30 WOD CROSSFIT
- TRAINING ZONE 20h00-20h30 Cardio
- BODY AND MIND ZONE 20h15-20h45 Booty Training

VENDREDI

- TRAINING ZONE 10h00-10h45 Gym Trad
- TRAINING ZONE 11h00-11h45 Balance FLEX
- BODY AND MIND ZONE 12h00-12h30 TRX
- BODY AND MIND ZONE 12h30-13h15 Pilates
- RIDE ZONE 12h30-13h15 Ride
- BOX CROSSFIT 12h30-13h30 WOD CROSSFIT
- BOX CROSSFIT 17h30-18h15 WOD CROSSFIT
- TRAINING ZONE 18h00-18h30 100% Abdos
- RIDE ZONE 18h00-18h45 Ride
- BOX CROSSFIT 18h15-19h00 WOD CROSSFIT
- TRAINING ZONE 18h30-19h15 Boxing
- BOX CROSSFIT 19h00-19h45 WOD CROSSFIT
- BODY AND MIND ZONE 19h15-20h00 Pilates

SAMEDI

- TRAINING ZONE 10h15-11h00 Core Training
- TRAINING ZONE 11h15-12h00 Pump
- TRAINING ZONE 12h15-13h00 Balance FLEX
- BOX CROSSFIT 11h00-12h00 WOD CROSSFIT
- BOX CROSSFIT 12h00-13h00 WOD CROSSFIT

DIMANCHE

- TRAINING ZONE 10h30-11h00 100% Abdos
- TRAINING ZONE 11h15-12h00 Pump
- RIDE ZONE 12h15-13h00 Ride

ELEVATE
PREMIUM FITNESS CLUB

HORAIRES D'OUVERTURE

LUNDI AU VENDREDI	08h30 - 21h30
SAMEDI	10h00 - 18h00
DIMANCHE	10h00 - 14h00

COURS DE MUSCULAIRE | COURS BIEN-ÊTRE | COURS CARDIO | COURS DE DANSE