

LUNDI

TRAINING ZONE 10h15-11h00 <b>Gym Trad</b>	BOX CROSSFIT 07h30-08h30 <b>WOD CROSSFIT</b>
TRAINING ZONE 11h00-11h45 <b>Gym Posturale</b>	
TRAINING ZONE 12h15-12h45 <b>Booty Training</b>	RIDE ZONE 12h15-12h45 <b>Ride</b>
TRAINING ZONE 12h45-13h15 <b>Balance FLEX</b>	BOX CROSSFIT 12h30-13h30 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 13h00-13h30 <b>TRX</b>

MARDI

TRAINING ZONE 09h00-10h15 <b>Gym Douce</b>	RIDE ZONE 10h00-10h45 <b>Ride</b>
	BOX CROSSFIT 12h30-13h30 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 12h45-13h30 <b>Pump</b>
	BOX CROSSFIT 17h00-17h45 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 17h45-18h30 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 18h30-19h15 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 19h15-20h00 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 20h00-21h00 <b>Yoga</b>
	BOX CROSSFIT 20h15-21h00 <b>Abdos de Gasquet</b>

MERCREDI

TRAINING ZONE 10h15-11h00 <b>Core Training</b>	BODY AND MIND ZONE 09h45-10h15 <b>TRX</b>
	BODY AND MIND ZONE 11h00-11h45 <b>Stretching</b>
	BODY AND MIND ZONE 12h00-12h30 <b>TRX</b>
TRAINING ZONE 12h30-13h15 <b>Boxing</b>	BODY AND MIND ZONE 12h30-13h00 <b>100% Abdos</b>
	BOX CROSSFIT 12h30-13h30 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 17h00-17h45 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 17h45-18h30 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 18h30-19h15 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 19h15-20h00 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 20h00-20h45 <b>Jam</b>

JEUDI

	BODY AND MIND ZONE 10h00-10h45 <b>Gym Ball</b>
TRAINING ZONE 11h00-12h00 <b>Yoga</b>	
TRAINING ZONE 12h15-12h45 <b>Core Training</b>	
TRAINING ZONE 12h45-13h15 <b>Lift</b>	
	BOX CROSSFIT 12h30-13h30 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 17h00-17h45 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 17h45-18h30 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 18h30-19h15 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 19h15-20h00 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 20h15-21h00 <b>Heels</b>

VENDREDI

TRAINING ZONE 10h00-10h45 <b>Gym Trad</b>	
TRAINING ZONE 11h00-11h45 <b>Balance FORCE</b>	
	BODY AND MIND ZONE 12h00-12h30 <b>TRX</b>
	BODY AND MIND ZONE 12h30-13h15 <b>Pilates</b>
	RIDE ZONE 12h30-13h15 <b>Ride</b>
	BOX CROSSFIT 12h30-13h30 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 17h00-17h45 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 17h45-18h30 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 18h30-19h15 <b>WOD CROSSFIT</b>
	BOX CROSSFIT 19h15-20h00 <b>WOD CROSSFIT</b>

# CHARTROIS

## PLANNING 2021 - 2022

	BOX CROSSFIT 17h00-17h45 <b>WOD CROSSFIT</b>
RIDE ZONE 17h30-18h15 <b>Ride</b>	BOX CROSSFIT 17h45-18h30 <b>WOD CROSSFIT</b>
TRAINING ZONE 18h00-18h45 <b>Pump</b>	BODY AND MIND ZONE 18h15-18h45 <b>Mobility</b>
TRAINING ZONE 18h45-19h30 <b>Attack</b>	BODY AND MIND ZONE 18h45-19h15 <b>TRX</b>
TRAINING ZONE 19h30-20h15 <b>Balance FORCE</b>	BODY AND MIND ZONE 19h15-19h45 <b>Booty Training</b>
RIDE ZONE 20h00-20h45 <b>Ride</b>	BODY AND MIND ZONE 20h00-20h45 <b>Pilates</b>

TRAINING ZONE 18h00-18h30 <b>Lift</b>	RIDE ZONE 18h15-19h00 <b>Ride</b>
TRAINING ZONE 18h30-19h15 <b>Boxing</b>	
TRAINING ZONE 19h15-20h00 <b>Pump</b>	RIDE ZONE 19h30-20h15 <b>Ride</b>
TRAINING ZONE 20h00-21h00 <b>Yoga</b>	
	BODY AND MIND ZONE 20h15-21h00 <b>Abdos de Gasquet</b>

TRAINING ZONE 18h00-18h45 <b>Pump</b>	BODY AND MIND ZONE 18h00-18h45 <b>Abdos de Gasquet</b>
TRAINING ZONE 18h45-19h15 <b>HIIT Workout</b>	BODY AND MIND ZONE 18h45-19h15 <b>Pilates</b>
TRAINING ZONE 19h15-20h00 <b>Boxing</b>	BOX CROSSFIT 19h15-20h00 <b>WOD CROSSFIT</b>
TRAINING ZONE 20h00-20h45 <b>Jam</b>	RIDE ZONE 20h00-20h45 <b>Ride</b>
	BODY AND MIND ZONE 20h15-21h00 <b>Balance FLEX</b>

TRAINING ZONE 18h00-18h30 <b>HIIT Workout</b>	
TRAINING ZONE 18h30-19h15 <b>Pump</b>	BODY AND MIND ZONE 18h30-19h15 <b>Balance FORCE</b>
TRAINING ZONE 19h15-20h00 <b>Attack</b>	RIDE ZONE 19h30-20h15 <b>Ride</b>
	BOX CROSSFIT 19h15-20h00 <b>WOD CROSSFIT</b>
TRAINING ZONE 20h15-21h00 <b>Heels</b>	BODY AND MIND ZONE 20h15-20h45 <b>Booty Training</b>

TRAINING ZONE 18h00-18h30 <b>100% Abdos</b>	RIDE ZONE 18h00-18h45 <b>Ride</b>
TRAINING ZONE 18h30-19h15 <b>Boxing</b>	
TRAINING ZONE 19h15-19h45 <b>Mobility</b>	BODY AND MIND ZONE 19h15-20h00 <b>Pilates</b>
	BOX CROSSFIT 19h15-20h00 <b>WOD CROSSFIT</b>

SAMEDI

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

DIMANCHE

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

### HORAIRES D'OUVERTURE

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

