

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

TRAINING ZONE
10h15-11h00
Gym Trad

BOX CROSSFIT
07h30-08h30
WOD CROSSFIT

RIDE ZONE
12h15-12h45
Ride

BOX CROSSFIT
12h30-13h30
WOD CROSSFIT

TRAINING ZONE
12h45-13h30
Balance FLEX

RIDE ZONE
10h00-10h45
Ride

BODY AND MIND ZONE
11h30-12h15
Pilates

BOX CROSSFIT
12h30-13h30
WOD CROSSFIT

TRAINING ZONE
12h45-13h30
Pump

TRAINING ZONE
10h15-11h00
Core Training

BODY AND MIND ZONE
11h00-11h45
Stretching

BODY AND MIND ZONE
12h00-12h30
TRX

BODY AND MIND ZONE
12h30-13h00
100% Abdos

BOX CROSSFIT
12h30-13h30
WOD CROSSFIT

BOX CROSSFIT
07h30-08h30
WOD CROSSFIT

TRAINING ZONE
11h00-12h00
Yoga

TRAINING ZONE
12h15-12h45
Core Training

TRAINING ZONE
12h45-13h15
Lift

BOX CROSSFIT
12h30-13h30
WOD CROSSFIT

TRAINING ZONE
10h00-10h45
Gym Trad

TRAINING ZONE
11h00-11h45
Balance FLEX

BODY AND MIND ZONE
12h00-12h30
TRX

RIDE ZONE
12h30-13h15
Ride

BOX CROSSFIT
12h30-13h30
WOD CROSSFIT

CHARTRON

ÉTÉ 2022

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
19h00-20h00
WOD CROSSFIT

BODY AND MIND ZONE
19h15-19h45
Booty Training

BOX CROSSFIT
17h30-18h15
WOD CROSSFIT

RIDE ZONE
18h15-19h00
Ride

BOX CROSSFIT
18h15-19h00
WOD CROSSFIT

TRAINING ZONE
18h30-19h15
Boxing

BOX CROSSFIT
19h00-20h00
WOD CROSSFIT

TRAINING ZONE
19h15-20h00
Pump

BOX CROSSFIT
17h30-18h15
WOD CROSSFIT

BODY AND MIND ZONE
18h00-18h30
TRX

BOX CROSSFIT
18h15-19h00
WOD CROSSFIT

TRAINING ZONE
18h30-19h00
Lift

BODY AND MIND ZONE
19h00-20h00
Pilates

BOX CROSSFIT
19h00-20h00
WOD CROSSFIT

TRAINING ZONE
19h15-19h45
Cardio

TRAINING ZONE
19h45-20h15
Boxing

BOX CROSSFIT
17h30-18h15
WOD CROSSFIT

TRAINING ZONE
18h00-18h30
Cardio

BOX CROSSFIT
18h15-19h00
WOD CROSSFIT

TRAINING ZONE
18h30-19h15
Pump

BODY AND MIND ZONE
18h30-19h15
Balance FORCE

BOX CROSSFIT
19h00-20h00
WOD CROSSFIT

TRAINING ZONE
19h30-20h00
Stretching

RIDE ZONE
19h30-20h15
Ride

BOX CROSSFIT
17h30-18h15
WOD CROSSFIT

TRAINING ZONE
18h00-18h30
100% Abdos

BOX CROSSFIT
18h15-19h00
WOD CROSSFIT

TRAINING ZONE
18h30-19h15
Boxing

SAMEDI

DIMANCHE

TRAINING ZONE
10h15-11h00
Core Training

TRAINING ZONE
11h15-12h00
Pump

TRAINING ZONE
12h15-13h00
Balance FLEX



HORAIRE D'OUVERTURE

LUNDI AU VENDREDI 09h00 - 21h00
SAMEDI-DIMANCHE 10h00 - 14h00

