

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

TRAINING ZONE 10h15-11h00
Gym Trad

TRAINING ZONE 11h00-11h45
Gym Posturale

BODY&MIND ZONE 12h00-12h30
TRX

RIDE ZONE 12h30-13h00
Ride

CROSSFIT ZONE 12h30-13h30
WOD Crossfit

TRAINING ZONE 13h00-13h30
Balance

CROSSFIT ZONE 07h30-08h30
WOD Crossfit

TRAINING ZONE 09h00-10h15
Gym Globale

RIDE ZONE 10h00-10h45
Ride

BODY&MIND ZONE 11h30-12h15
Stretch

BODY&MIND ZONE 12h15-12h45
Booty Training

TRAINING ZONE 12h45-13h30
Pump

TRAINING ZONE 10h15-11h00
Core Training

BODY&MIND ZONE 11h00-11h45
Pilates

RIDE ZONE 12h15-12h45
Cycle

CROSSFIT ZONE 12h30-13h30
WOD Crossfit

TRAINING ZONE 12h30-13h15
Boxing

BODY&MIND ZONE 13h00-13h30
TRX

TRAINING ZONE 09h00-10h15
Gym Globale

BODY&MIND ZONE 10h15-11h00
Gym Ball

TRAINING ZONE 11h00-12h00
Yoga

TRAINING ZONE 12h15-12h45
Core Training

TRAINING ZONE 12h45-13h15
Lift

CROSSFIT ZONE 12h30-13h30
WOD Crossfit

CROSSFIT ZONE 07h30-08h30
WOD Crossfit

TRAINING ZONE 10h00-10h45
Gym Trad

TRAINING ZONE 11h00-11h45
Balance

BODY&MIND ZONE 12h00-12h30
TRX

BODY&MIND ZONE 12h30-13h15
Pilates

RIDE ZONE 12h30-13h15
Ride

CROSSFIT ZONE 12h30-13h30
WOD Crossfit

CHARTRONS

PLANNING 2022

TRAINING ZONE 18h00-18h30
Lift

BODY&MIND ZONE 18h15-18h45
Mobility

TRAINING ZONE 18h45-19h30
Attack

BODY&MIND ZONE 18h45-19h15
TRX

BODY&MIND ZONE 19h15-20h00
Pilates

TRAINING ZONE 19h30-20h00
100% Abdos

RIDE ZONE 20h00-20h30
Cycle

CROSSFIT ZONE 17h30-18h15
WOD Crossfit

CROSSFIT ZONE 18h15-19h00
WOD Crossfit

CROSSFIT ZONE 19h00-19h45
WOD Crossfit

CROSSFIT ZONE 19h45-20h30
WOD Crossfit

BODY&MIND ZONE 17h45-18h15
Booty Training

TRAINING ZONE 18h15-19h00
Boxing

RIDE ZONE 18h15-19h00
Ride

CROSSFIT ZONE 18h15-19h00
WOD Crossfit

TRAINING ZONE 19h00-19h45
Pump

BODY&MIND ZONE 19h15-20h15
Yoga

TRAINING ZONE 20h00-20h45
Matador D&S

CROSSFIT ZONE 17h30-18h15
WOD Mobilité

TRAINING ZONE 18h00-18h45
Pump

BODY&MIND ZONE 18h00-18h30
TRX

BODY&MIND ZONE 18h30-19h00
Abdos de Gasquet

TRAINING ZONE 19h00-19h30
Cardio

BODY&MIND ZONE 19h00-19h45
Balance

TRAINING ZONE 19h30-20h00
Booty Training

TRAINING ZONE 20h00-20h45
Jam

CROSSFIT ZONE 19h45-20h30
WOD Crossfit

CROSSFIT ZONE 17h30-18h15
WOD Crossfit

CROSSFIT ZONE 18h15-19h00
WOD Crossfit

CROSSFIT ZONE 19h00-19h45
WOD Crossfit

CROSSFIT ZONE 19h45-20h30
WOD Crossfit

TRAINING ZONE 18h00-18h30
Cardio

BODY&MIND ZONE 18h00-18h45
Pilates

TRAINING ZONE 18h30-19h00
100% Abdos

BODY&MIND ZONE 18h45-19h15
TRX

TRAINING ZONE 19h00-19h45
Boxing

TRAINING ZONE 19h45-20h30
Pump

RIDE ZONE 19h30-20h15
Ride

CROSSFIT ZONE 17h30-18h15
WOD Crossfit

CROSSFIT ZONE 18h15-19h00
WOD Crossfit

CROSSFIT ZONE 19h00-19h45
WOD Crossfit

CROSSFIT ZONE 19h45-20h30
WOD Crossfit

TRAINING ZONE 18h00-18h30
100% Abdos

RIDE ZONE 18h00-18h30
Cycle

TRAINING ZONE 18h30-19h00
Fight

BODY&MIND ZONE 19h00-19h30
Stretch

BODY&MIND ZONE 19h30-20h00
TRX

CROSSFIT ZONE 17h30-18h15
WOD Crossfit

CROSSFIT ZONE 18h15-19h00
WOD Crossfit

CROSSFIT ZONE 19h00-19h45
WOD Crossfit

CROSSFIT ZONE 19h45-20h30
WOD Crossfit

SAMEDI

DIMANCHE

TRAINING ZONE 10h15-11h00
Core Training

TRAINING ZONE 11h15-12h00
Pump

TRAINING ZONE 12h15-12h45
Mobility

CROSSFIT ZONE 11h00-12h00
WOD Crossfit

CROSSFIT ZONE 12h00-13h00
WOD Crossfit

TRAINING ZONE 10h30-11h00
100% Abdos

TRAINING ZONE 11h15-12h00
Lift

RIDE ZONE 12h15-13h00
Ride

HORAIRE D'OUVERTURE

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



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