

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  
**Cycle**

CROSSFIT ZONE 12h30-13h30  
**WOD Gym**

CROSSFIT ZONE 07h30-08h30  
**WOD Gym**

TRAINING ZONE 09h00-10h15  
**Gym Globale**

RIDE ZONE 10h15-11h00  
**Ride**

TRAINING ZONE 11h15-12h00  
**Stretch**

BODY&MIND ZONE 12h15-12h45  
**100%Fessiers**

TRAINING ZONE 12h45-13h30  
**Pump**

CROSSFIT ZONE 12h30-13h30  
**WOD Team**

TRAINING ZONE 10h15-11h00  
**Core Training**

TRAINING ZONE 11h00-11h45  
**Pilates**

TRAINING ZONE 12h30-13h10  
**Boxing**

BODY&MIND ZONE 13h00-13h30  
**TRX**

RIDE ZONE 12h15-12h45  
**Cycle**

CROSSFIT ZONE 12h15-13h15  
**WOD Haltéro**

CROSSFIT ZONE 13h15-14h15  
**WOD Haltéro**

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 Cardio**

TRAINING ZONE 10h00-10h45  
**Gym Trad**

TRAINING ZONE 11h00-11h30  
**Stretch**

BODY&MIND ZONE 12h00-12h30  
**TRX**

BODY&MIND ZONE 12h30-13h15  
**Pilates**

RIDE ZONE 12h30-13h15  
**Ride**

CROSSFIT ZONE 12h30-13h30  
**WOD Renfo**

# CHARTRONS

## PLANNING 2024

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 19h15-20h15  
**Pilates**

TRAINING ZONE 19h30-20h00  
**100% Abdos**

RIDE ZONE 20h00-20h30  
**Cycle**

CROSSFIT ZONE 17h30-18h15  
**WOD Mobilité**

CROSSFIT ZONE 18h15-19h00  
**WOD Gym**

CROSSFIT ZONE 19h00-19h45  
**WOD Gym**

CROSSFIT ZONE 19h45-20h30  
**WOD Gym**

TRAINING ZONE 18h00-18h45  
**100%Fessiers**

RIDE ZONE 18h15-19h00  
**Ride**

TRAINING ZONE 18h30-19h10  
**Boxing**

TRAINING ZONE 19h15-20h00  
**Pump**

BODY&MIND ZONE 19h15-20h15  
**Yoga**

TRAINING ZONE 20h00-20h30  
**Stretch**

CROSSFIT ZONE 17h30-18h15  
**WOD Team**

CROSSFIT ZONE 18h15-19h00  
**WOD Team**

CROSSFIT ZONE 19h00-19h45  
**WOD Team**

CROSSFIT ZONE 19h45-20h30  
**WOD Team**

TRAINING ZONE 18h00-18h45  
**Pump**

BODY&MIND ZONE 18h00-18h30  
**TRX**

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

RIDE ZONE 19h00-19h30  
**Cardio**

BODY&MIND ZONE 19h00-20h00  
**Pilates**

TRAINING ZONE 19h30-20h00  
**100%Fessiers**

CROSSFIT ZONE 17h30-18h15  
**WOD Mobilité**

CROSSFIT ZONE 18h15-19h00  
**WOD Haltéro**

CROSSFIT ZONE 19h00-19h45  
**WOD Haltéro**

BODY&MIND ZONE 18h00-18h45  
**Flow**

TRAINING ZONE 18h30-19h00  
**100%Fessiers**

BODY&MIND ZONE 18h45-19h15  
**TRX**

TRAINING ZONE 19h15-19h45  
**Cardio**

RIDE ZONE 19h30-20h15  
**Ride**

TRAINING ZONE 20h00-20h30  
**Mobility**

CROSSFIT ZONE 17h30-18h15  
**WOD Cardio**

CROSSFIT ZONE 18h15-19h00  
**WOD Cardio**

CROSSFIT ZONE 19h00-19h45  
**WOD Cardio**

TRAINING ZONE 18h00-18h45  
**Boxing**

BODY&MIND ZONE 19h00-19h30  
**TRX**

BODY&MIND ZONE 19h30-20h00  
**Stretch**

CROSSFIT ZONE 17h30-18h15  
**WOD Renfo**

CROSSFIT ZONE 18h15-19h00  
**WOD Renfo**

CROSSFIT ZONE 19h00-19h45  
**WOD Renfo**

SAMEDI

DIMANCHE

TRAINING ZONE 10h15-11h00  
**Core Training**

TRAINING ZONE 11h15-12h00  
**Pump**

TRAINING ZONE 12h15-12h45  
**Mobility**

TRAINING ZONE 10h30-11h00  
**100% Abdos**

TRAINING ZONE 11h15-12h00  
**Lift**

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
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