

LUNDI

MARDI

MERCREDI

JEUDI

VENDEDI

TRAINING ZONE  
10h15-11h00  
**Gym Trad**

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

RIDE ZONE  
12h45-13h15  
**Cycle**

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

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

TRAINING ZONE  
12h30-13h15  
**Pump**

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

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

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

TRAINING ZONE  
12h15-13h00  
**Boxing**

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

RIDE ZONE  
11h15-11h45  
**Cycle**

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

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

TRAINING ZONE  
11h00-12h00  
**Yoga**

TRAINING ZONE  
12h15-12h45  
**Core Training**

TRAINING ZONE  
12h45-13h15  
**Lift**

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

ÉTÉ 2024

du 01 juillet au 01 septembre 2024\*

TRAINING ZONE  
18h00-18h30  
**Lift**

BODY&MIND ZONE  
18h15-18h45  
**Mobility**

TRAINING ZONE  
18h45-19h30  
**Attack**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

BODY&MIND ZONE  
18h30-19h15  
**Pilates**

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

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

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

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

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

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

TRAINING ZONE  
18h00-18h30  
**Mobility**

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

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

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

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

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

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

RIDE ZONE  
12h15-13h00  
**Ride**

\*Pas de cours dans la CROSSFIT ZONE du 12/08 au 18/08 inclus



ELEVATE  
PREMIUM FITNESS CLUB

## HORAIRES D'OUVERTURE

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

