

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
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| TRAINING ZONE 10h15-11h00 Gym Trad TRAINING ZONE 11h00-11h45 Pilates BODY&MIND ZONE 12h15-12h45 TRX TRAINING ZONE 12h30-13h15 Boxe & Row RIDE ZONE 12h45-13h15 Cycle CROSSFIT ZONE 07h30-08h30 WOD Gym CROSSFIT ZONE 12h30-13h30 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 HYROX | TRAINING ZONE 07h30-08h15 Boxe & Row TRAINING ZONE 10h15-11h00 Core Training TRAINING ZONE 11h00-11h45 Pilates RIDE ZONE 12h15-12h45 Cycle CROSSFIT ZONE 12h15-13h00 WOD Haltéro BODY&MIND ZONE 13h00-13h30 TRX CROSSFIT ZONE 13h00-13h45 WOD Haltéro | TRAINING ZONE 09h00-10h15 Gym Globale BODY&MIND ZONE 10h15-11h00 Pilates TRAINING ZONE 11h00-12h00 Yoga TRAINING ZONE 12h15-12h45 Core Training TRAINING ZONE 12h45-13h15 HIIT Force CROSSFIT ZONE 12h30-13h30 HYROX CROSSFIT ZONE 12h15-13h00 WOD Haltéro | 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 - 2025

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| TRAINING ZONE 18h00-18h30 HIIT Force BODY&MIND ZONE 18h15-18h45 Stretch TRAINING ZONE 18h45-19h30 Attack BODY&MIND ZONE 19h15-20h15 Pilates TRAINING ZONE 19h30-20h15 Boxe & Row RIDE ZONE 20h00-20h30 Cycle CROSSFIT ZONE 17h30-18h00 WOD Mobilité CROSSFIT ZONE 18h15-19h00 WOD Gym CROSSFIT ZONE 19h00-19h45 HYROX CROSSFIT ZONE 19h45-20h30 WOD Gym | TRAINING ZONE 18h00-18h30 100%Fessiers TRAINING ZONE 18h30-19h15 Boxe & Row BODY&MIND ZONE 18h45-19h15 100% Abdos TRAINING ZONE 19h15-20h00 Pump BODY&MIND ZONE 19h15-20h15 Yoga RIDE ZONE 19h15-20h00 Ride TRAINING ZONE 20h00-20h45 Pilates CROSSFIT ZONE 17h30-18h15 WOD Team CROSSFIT ZONE 18h15-19h00 HYROX CROSSFIT ZONE 19h00-19h45 WOD Team CROSSFIT ZONE 19h45-20h30 HYROX | TRAINING ZONE 18h00-18h45 Pump BODY&MIND ZONE 18h30-19h00 Abdos de Gasquet TRAINING ZONE 19h00-19h30 HIIT Cardio BODY&MIND ZONE 19h00-20h00 Pilates TRAINING ZONE 19h30-20h00 100%Fessiers CROSSFIT ZONE 19h45-20h30 WOD Haltéro | CROSSFIT ZONE 17h30-18h00 WOD Mobilité CROSSFIT ZONE 18h15-19h00 WOD Haltéro CROSSFIT ZONE 19h00-19h45 HYROX CROSSFIT ZONE 19h45-20h30 WOD Haltéro BODY&MIND ZONE 18h00-18h45 Pilates TRAINING ZONE 18h30-19h00 100%Fessiers BODY&MIND ZONE 18h45-19h15 TRX TRAINING ZONE 19h15-20h00 Boxe & Row RIDE ZONE 19h30-20h15 Ride TRAINING ZONE 20h15-20h45 Stretch | CROSSFIT ZONE 17h30-18h15 WOD Cardio CROSSFIT ZONE 18h15-19h00 HYROX CROSSFIT ZONE 19h00-19h45 WOD Cardio RIDE ZONE 19h30-20h15 Ride TRAINING ZONE 18h00-18h45 Boxe & Row CROSSFIT ZONE 18h15-19h00 WOD Renfo CROSSFIT ZONE 19h00-19h45 WOD Renfo BODY&MIND ZONE 19h00-19h30 TRX BODY&MIND ZONE 19h30-20h00 Stretch |
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| SAMEDI |
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| TRAINING ZONE 10h15-11h00 Core Training TRAINING ZONE 11h15-12h00 Pump TRAINING ZONE 12h15-12h45 Stretch |

| DIMANCHE |
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| TRAINING ZONE 10h30-11h00 100% Abdos TRAINING ZONE 11h15-12h00 Pump RIDE ZONE 12h15-13h00 Ride |



HORAIRES D'OUVERTURE

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

