

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
<p>TRAINING ZONE 10h15-11h00 Gym Trad</p> <p>TRAINING ZONE 11h00-11h45 Pilates</p> <p>BODY&MIND ZONE 12h15-12h45 TRX</p> <p>TRAINING ZONE 12h30-13h15 Boxe & Row</p>	<p>CROSSFIT ZONE 07h30-08h30 HYROX</p> <p>TRAINING ZONE 09h00-10h15 Gym Globale</p> <p>RIDE ZONE 10h15-11h00 Ride</p> <p>TRAINING ZONE 11h15-12h00 Stretch</p> <p>BODY&MIND ZONE 12h15-12h45 100%Fessiers</p> <p>TRAINING ZONE 12h45-13h30 Pump</p>	<p>TRAINING ZONE 07h30-08h15 Boxe & Row</p> <p>TRAINING ZONE 10h15-11h00 Core Training</p> <p>TRAINING ZONE 11h00-11h45 Pilates</p> <p>TRAINING ZONE 12h30-13h10 Boxe & Row</p> <p>BODY&MIND ZONE 13h00-13h30 TRX</p>	<p>TRAINING ZONE 09h00-10h15 Gym Globale</p> <p>BODY&MIND ZONE 10h15-11h00 Pilates</p> <p>TRAINING ZONE 11h00-12h00 Yoga</p> <p>TRAINING ZONE 12h15-12h45 Core Training</p> <p>TRAINING ZONE 12h45-13h15 HIIT Force</p>	<p>TRAINING ZONE 10h00-10h45 Gym Trad</p> <p>TRAINING ZONE 11h00-11h30 Stretch</p> <p>BODY&MIND ZONE 12h00-12h30 TRX</p> <p>BODY&MIND ZONE 12h30-13h15 Pilates</p> <p>RIDE ZONE 12h30-13h15 Ride</p> <p>CROSSFIT ZONE 12h30-13h30 WOD Renfo</p>

CHARTRONS

PLANNING 2024

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

DIMANCHE
<p>TRAINING ZONE 10h30-11h00 100%Abdos</p> <p>TRAINING ZONE 11h15-12h00 Pump</p> <p>RIDE ZONE 12h15-13h00 Ride</p>



HORAIRES D'OUVERTURE

LUNDI et MERCREDI	07h30 - 21h30
MARDI, JEUDI et VENDREDI	08h30 - 21h30
SAMEDI	10h00 - 18h00
DIMANCHE	10h00 - 14h00

