

# HORAIRE SALLE

Heure/jour	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
10h - 12h	Open box	Open box	Open box	Open box	Open box	9h - 10h Open Box	9h - 11h Open Box
12h - 13h	<b>Cross Training</b>	Open box	<b>Cross Training</b>	Open box	<b>Cross Training</b>	<b>10h - 11h Team WOD</b>	10h - 11h Open Box
13h - 16h30	Fermé	Fermé	Fermé	Fermé	Fermé	11h - 12h Open Box	11h - 12h <b>Endurox</b>
16h30 - 18h30	Open box	Open box	Open box	Open box	Open box		
18h30 - 19h30	<b>Cross Training</b>	<b>Cross Training</b>	<b>HIIT</b>	<b>Body Weigth</b>	<b>Cross Training</b>		
19h30 - 20h30	<b>HIIT</b>	<b>Cross Training</b>	<b>Cross Training</b>	<b>Cross Training</b>			