

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 | Cross Training | Open box | Cross Training | Open box | Cross Training | 10h - 11h Team WOD | 10h - 11h Open Box |
| 13h - 16h30 | Fermé | Fermé | Fermé | Fermé | Fermé | 11h - 12h Open Box | 11h - 12h Open Box |
| 16h30 - 18h30 | Open box | Open box | Open box | Open box | Open box | | |
| 18h30 - 19h30 | Cross Training | Cross Training | HIIT | Body Weigth | Cross Training | | |
| 19h30 - 20h30 | HIIT | Cross Training | Cross Training | Cross Training | | | |