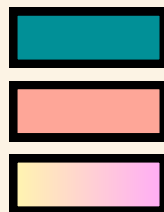


	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE			
8h	CARTOUCHE (8h30)		WOD	WOD	YOGA (7h45)	TEAM WOD				
9h	CARDIO	BUILD	WOD	CARDIO	CORE	TEAM WOD	BUILD			
10h	FREE ACCESS	CROSS LIGHT 55+	FREE ACCESS	CROSS LIGHT 55+		FREE ACCESS	CROSS LIGHT 55+			
11h	SPE GYM	CORE	FREE ACCESS	CARDIO	FREE ACCESS		CORE			
12h15	WOD	CARTOUCHE (12h30)	CORE	CARTOUCHE (12h30)	BUILD	NEW! HYROX	CARDIO			
13h15	FREE ACCESS		FREE ACCESS		FREE ACCESS		FREE ACCESS			
14h										
15h										
16h										
17h										
18h15	WOD	CORE	BCT	BUILD	WOD	SURF TRAINING	BCT	TEAM WOD	CARDIO	
19h15	WOD	CARDIO	WOD	CORE	WOD	BUILD	WOD	CORE	TEAM WOD	BUILD
20h15	SPE HALTERO		WOD	SPE BUILD		WOD	TEAM WOD			



SEANCES DISPENSEES AU GARAGE

SEANCES DISPENSEES AU THAI TIME

NOUVEAUTÉ HYROX 2023 !!!

