

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:00	Fermé	Fermé	Fermé	Fermé	Fermé	Fermé	
10:00	10:00 - 11:00 CARDIO (0/12)	10:00 - 11:00 YOGA (0/12)			10:00 - 11:00 PILATES (0/10)	10:00 - 11:00 CROSSFIT TEAM (0/14)	9:30 - 10:30 SUNDAY WOD (0/12)
11:00			10:30 - 11:30 CROSSFIT (0/12)			11:15 - 12:15 CROSSFIT TEAM (0/14)	10:45 - 11:45 SUNDAY WOD (0/12)
12:00							Fermé
13:00	12:30 - 13:30 CROSSFIT (0/12)	12:30 - 13:30 FUNCTIONAL (0/12)	12:30 - 13:30 CROSSFIT (0/12)	12:30 - 13:30 CARDIO (0/12)	12:30 - 13:30 CROSSFIT (0/12)		
14:00			14:15 - 15:15 Kids (0/12)			13:45 - 14:45 TEENS (0/12)	
15:00						Fermé	
16:00			15:30 - 16:30 TEENS (0/12)				
17:00	17:00 - 18:00 FUNCTIONAL (0/12)	17:00 - 18:00 CROSSFIT (0/12)	17:00 - 18:00 FUNCTIONAL (0/12)	17:00 - 18:00 CROSSFIT (0/12)			
18:00	18:00 - 19:00 CROSSFIT (0/12)	18:00 - 19:00 PILATES 18:00 - 19:00 GYM (0/12)	18:00 - 19:00 CROSSFIT (0/12)	18:00 - 19:00 CARDIO (0/12)	17:30 - 18:30 CROSSFIT (0/12)		
19:00	19:00 - 20:00 FUNCTIONAL (0/12)	19:00 - 20:00 TRX (0/10)	19:00 - 20:00 HEAVY TECHNICAL (0/12)	19:00 - 20:00 CROSSFIT (0/12)	18:30 - 19:30 FUNCTIONAL (0/12)		
20:00	20:00 - 21:00 CROSSFIT (0/12)	20:00 - 21:00 FUNCTIONAL (0/12)	20:00 - 21:00 CROSSFIT (0/12)	20:00 - 21:00 CROSSFIT (0/12)	19:30 - 20:30 YOGA (0/12)		