LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15 WOD	**9h15** WOD	**10h00** KIDS	**9h15** WOD	**9h15** WOD	**9H15** HYBRID
12H15 HYBRID	**12h15** WOD	**12H15** HYBRID	**12h15** WOD	**12h15** WOD	
OPEN GYM	**OPEN GYM**	**14H15** KIDS (1h30)	**OPEN GYM**	**OPEN GYM**	
17H00 WOD	**17H00** WOD	**17H00** WOD	**17H00** WOD	**17H15** WOD	
18H15 WOD	**18H15** STRONG	**18H00** HYBRID	**18H15** F.B.B	**18H30** HYBRID (1h30)	
19H30 HYBRID	**19H30** WOD	**19H30** WOD	**19H30** WOD		