



Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

9h30 (60')
CROSSFIT

9h30 (60')
CROSSFIT

09h30 (60')
RENFO

9h30 (60')
CROSSFIT

12h15 (45')
TRX

12h15 (45')
CROSSFIT

12h15 (45')
PILATE

12h15 (45')
TRX

11h45 (45')
HYROX

10h00 (60')
CROSSFIT

13h00 (60')
CROSSFIT

13h00 (45')
RENFO

13h00 (60')
CROSSFIT

13h00 (60')
CROSSFIT

12h30 (60')
CROSSFIT

11h00 (60')
CROSSFIT

12h00 (60')
HYROX

17h00 (60')
CROSSFIT

17h00 (60')
CROSSFIT

17h30 (60')
HYROX

17h30 (60')
CROSSFIT

17h00 (60')
RENFO

18h00 (60')
HYROX

18h00 (60')
CROSSFIT

18h30 (60')
CROSSFIT

18h30 (60')
CROSSFIT

18h00 (60')
CROSSFIT

19h00 (60')
CROSSFIT

19h00 (60')
CROSSFIT

19h30 (60')
SPE HALTERO

19h30 (60')
SPE GYM

19h00 (60')
HYROX

20h00 (60')
SPE GYM/HALTERO

20h00 (60')
RENFO

