

|       | Lundi            | Mardi            | Mercredi           |                    | Jeudi            | Vendredi         | Samedi             |                  | Dimanche          |
|-------|------------------|------------------|--------------------|--------------------|------------------|------------------|--------------------|------------------|-------------------|
| 9h30  |                  |                  | CrossFit +50 ans   | CrossFit Cond.     |                  |                  | CrossFit Haltéro   | CrossFit +50 ans | CrossFit Gym      |
| 10h30 |                  |                  | CrossFit Condition |                    |                  |                  | CrossFit Team WOD  |                  | CrossFit Team WOD |
| 11h30 |                  |                  |                    |                    |                  |                  | CrossFit Gym       |                  | CrossFit Haltéro  |
| 12h30 |                  |                  |                    |                    |                  |                  |                    |                  |                   |
| 13h30 |                  |                  |                    |                    |                  |                  |                    |                  |                   |
| 14h30 |                  |                  |                    |                    |                  |                  |                    |                  |                   |
| 15h30 |                  |                  |                    |                    |                  |                  |                    |                  |                   |
| 16h30 |                  |                  |                    |                    |                  |                  |                    |                  |                   |
| 17h30 | Pilates          | CrossFit Con.    | CrossFit Kids      | CrossFit Condition | CrossFit Cond.   | CrossFit Kids    | CrossFit Condition |                  |                   |
| 18h30 | CrossFit Gym     | CrossFit Gym     | CrossFit Haltéro   | CrossFit Haltéro   | CrossFit Haltéro | CrossFit Gym     |                    |                  |                   |
| 19h30 | CrossFit Haltéro | CrossFit Haltéro | CrossFit Gym       | CrossFit Gym       | CrossFit Gym     | CrossFit Haltéro |                    |                  |                   |