



CROSS TRAINING (à partir du 7 septembre 2020)

LUNDI 11h - 14h30 / 16h30 - 21h30

Horaires	Cours coachés
11h - 60'	Yoga Vinyasa NEW !
12h15 - 45'	Crosstraining
13h - 45'	
18h - 60'	Athletic training
19h - 45'	Crosstraining
19h45 - 45'	

MARDI 11h - 14h30 / 16h30 - 21h30

Horaires	Cours coachés
11h - 60'	Yoga Vinyasa NEW !
12h15 - 45'	Crosstraining
13h - 45'	
18h - 60'	Athletic training
19h - 45'	Crosstraining
19h45 - 45'	

MERCREDI 11h - 14h30 / 16h30 - 21h30

Horaires	Cours coachés
11h30 - 45'	Crosstraining
12h15 - 45'	
18h - 60'	Athletic training
19h - 45'	Crosstraining
19h45 - 45'	

JEUDI 11h - 14h30 / 16h30 - 21h30

Horaires	Cours coachés
11h30 - 45'	Crosstraining
12h15 - 45'	
18h - 60'	Athletic training
19h - 45'	Crosstraining
19h45 - 45'	

VENDREDI 11h - 14h30 / 16h30 - 21h30

Horaires	Cours coachés
12h15 - 45'	Crosstraining
13h - 60'	Athletic training
18h - 60'	
19h - 45'	Crosstraining

SAMEDI 11h - 15h

Horaires	Cours coachés
12h15 - 45'	Crosstraining
13h - 60'	Athletic training

