



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI					
8H30-9H						9H					
9H-10H	WOD	GYM	WOD	HALTERO	HYROX POWER						
10H-11H						BIG HYROX DUO (10H-11H30)					
11H-12H											
12H15-13H15	WOD	WOD	WOD	WOD	GYM	14H					
13H30-17H											
17H10-18H10	WOD	RENFO	HYROX POWER	WOD	GYM						
18H20-19H20	HALTERO	HYROX ENDURANCE	GYM	HALTERO	WOD	FORCE	WOD	HALTERO	RENFO	WOD	BOOTY 🍑
			HYROX DUO STATION (19H-20H)			HYROX ENDURANCE (19H-20H)					
	MOBILITÉ / SOUPLESSE (19H30-20H15)				GYM (19H30-20H30)						
20H30											

PLANNING-HORAIRES