

NOS ENTRAÎNEMENTS

LUNDI	9H15 CROSS TRAINING	10H30 CROSS TRAINING		17H30 CROSS TRAINING	18H30 CROSS TRAINING	19H30 CROSS TRAINING
MARDI	9H15 CROSS TRAINING	10H30 KETTLEBELL			18H30 CROSS TRAINING	19H45 BARBELL
MERCREDI	9H30 CROSS TRAINING			17H30 CROSS TRAINING	18H30 CROSS TRAINING	
JEUDI				17H30 CROSS TRAINING	18H30 CROSS TRAINING	19H45 KETTLEBELL
VENDREDI	9H15 CROSS TRAINING	10H30 CROSS TRAINING		17H30 CROSS TRAINING	18H30 BARBELL	
SAMEDI		10H00 KETTLEBELL	11H00 CROSS TRAINING			

RÉSERVATIONS SUR  Deciplus
CODE CENTRE TEAM-ASST
choisir entraînement **CIVRAY**

Nos entraînements

BADGE D'ACCÈS 7J SUR7 - 6H-23H

HORAIRES
AVEC COACH

LUNDI

9H00-12H00
17H00-20H00

9H00
CROSS
TRAINING

10H00
CROSS
TRAINING

17H30
CROSS
TRAINING

18H30
CROSS
TRAINING

MARDI

17H00-20H00

17H30
CROSS
TRAINING

18H30
CROSS
TRAINING

MERCREDI

9H00-12H00
17H00-20H00

9H00
CROSS
TRAINING

10H00
CROSS
TRAINING

17H30
CROSS
TRAINING

18H30
CROSS
TRAINING

JEUDI

9H00-12H00
17H00-20H00

9H00
CROSS
TRAINING

10H00
CROSS
TRAINING

17H30
CROSS
TRAINING

18H30
CROSS
TRAINING

VENDREDI

17H00-20H00

17H30
CROSS
TRAINING

18H30
CROSS
TRAINING

SAMEDI

10H00-12H00

10H00
CROSS
TRAINING

RÉSERVATIONS SUR  Deciplus
CODE CENTRE TEAM-ASST
choisir entraînement **LIGUEIL**