

CYCLE 01/26 - 02 Fevrier au au 08 Mars 2026

HEURES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
08H-09H						
09H-10H	WOD	WOD	WOD	RENFO	WOD	TEAM WOD
10H-11H	10H-11H OPEN GYM	10H-11H OPEN GYM		10H-11H OPEN GYM	10H-11H OPEN GYM	RENFO
11H-12H						11H-12H TEENS
11H30-12H30	PRIVE	PRIVE		PRIVE		
12H-13H			WOD		WOD	
12H30-13H30	12H30-13H30 WOD	12H30-13H30 HYROX		12H30-13H30 WOD		
14H-15H			14H-15H TEENS			
15H-16H	15H-17H OPEN GYM		15H-17H OPEN GYM		15H-17H OPEN GYM	
16H-17H		16H-17H OPEN GYM				
17H-18	WOD	WOD	HYROX	WOD	GYM	
18H-19	WOD	CORE TRAINING	WOD	WOD	WOD	
19H-20H	CARDIO	WOD	WOD	HALTERO		