	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
7h-8h	WOD	WOD	WOD	WOD	WOD		
8h-9h	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
9h-10h	WOD	WOD	WOD	WOD	CONDITIONNING	9h45 -10h30 MOBILITY	
10h-11h30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	10h30-12h TEAM WOD	10h-12h TEAM WOD
11h30-12h30	WOD	WOD	WOD	CONDITIONNING	WOD		
12h30-13h30	WOD	CONDITIONNING	WOD	WOD	WEIGHT-LIFTING	12h-13h TEENS	
13h30-14h	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
14h-14h40			BABY KIDS				
14h45-15h30			KIDS				
15h30-16h30			TEENS				
16h30-17h30			GYM		WOD		
17h30-18h30	WOD	WOD	WOD	WOD	STRENGTH CAPACITY		
18h30-19h30	WOD / GYM	WOD / WEIGHT-LIFTING	CONDITIONNING / WEIGHT-LIFTING	STRENGTH CAPACITY	WOD		
19h30-20h30	WOD	CONDITIONNING	WOD	WOD	WOD		