

	Lun.	Mar.	Mer.	Jeu.	Ven.	Sam.	Dim.
8h							
9h							
10h	FREE	FREE	FREE		FREE		
12h15							
14/16h						FREE	FREE
17h15							
18h15							
19h15							
20h15							



WOD (Workout Of the Day)



BCT (Boxe Cardio Training)



SWIM FIT



GYM