GYM LE VESTIAIRE
CROSSFIT VILLERAY

BATCAVE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
06:00	OPEN GYM		OPEN GYM	OPEN GYM		OPEN GYM	
07:00							
08:00							
09:00			WONDER MAMA 9:00-10:00				
10:00			OPEN GYM			MASTERS 10:00-11:00	OPEN GYM
11:00						COMPÉTITION 11:00-12:00	
12:00						COMPÉTITION 12:00-13:00	
15:00	SPORTS-ÉTUDES 13:30 À 15:30			OPEN GYM			
16:00	OPEN GYM						
17:30	MUSCU 17:30-18:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
18:30	GYMNASTIQUE 18:30-19:30		TRANSFORMERS 18:30-19:30		TRANSFORMERS 18:30-19:30		
19:30	TRANSFORMERS 19:30-20:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		

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GYM LE VESTAIRE
CROSSFIT VILLERAY

DONJON

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
06:30	OPEN GYM				CROSSFIT 08:30-09:30		OPEN GYM
07:30					CROSSFIT 09:30-10:30		
08:30					CROSSFIT 10:30-11:30		
09:30					OPEN GYM		
10:30							
11:30							
12:00							
15:00	OPEN GYM						
16:00							
17:00	CROSSFIT 17:00-18:00	CROSSFIT 17:00-18:00	CROSSFIT 17:00-18:00	CROSSFIT 17:00-18:00	CROSSFIT 17:00-18:00		
18:00	CROSSFIT 18:00-19:00	CROSSFIT 18:00-19:00	CROSSFIT 18:00-19:00	CROSSFIT 18:00-19:00	CROSSFIT 18:00-19:00		
19:00	CROSSFIT 19:00-20:00	CROSSFIT 19:00-20:00	CROSSFIT 19:00-20:00	CROSSFIT 19:00-20:00	MUSCU 19:00-20:00		

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CROSSFIT VILLERAY

GRANGE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
06:00	CROSSFIT 06:00-07:00	CROSSFIT 06:00-07:00	CROSSFIT 06:00-7:00	CROSSFIT 06:00-07:00	CROSSFIT 06:00-08:00		
07:00	CROSSFIT 07:00-08:00	CROSSFIT 07:00-08:00	CROSSFIT 07:00-8:00	CROSSFIT 07:00-08:00	CROSSFIT 07:00-08:00		
08:00	CROSSFIT 08:00-09:00	CROSSFIT 08:00-09:00	CROSSFIT 08:00-9:00	CROSSFIT 08:00-09:00	CROSSFIT 08:00-09:00		
09:00						CROSSFIT 10:00-11:00	CROSSFIT 9:00-10:00
10:00						CROSSFIT 11:00-12:00	CROSSFIT 11:00-12:00
11:00		CROSSFIT 11:00-12:00	CROSSFIT 11:00-12:00	CROSSFIT 11:00-12:00	CROSSFIT 11:00-12:00	CROSSFIT 12:00-13:00	HALTÉRO 12:00-13:00
12:00	CROSSFIT 12:00-13:00	CROSSFIT 12:00-13:00	CROSSFIT 12:00-13:00	CROSSFIT 12:00-13:00	CROSSFIT 12:00-13:00		
15:30					CROSSFIT 15:30-16:30		
16:30	CROSSFIT 16:30-17:30	CROSSFIT 16:30-17:30	CROSSFIT 16:30-17:30	CROSSFIT 16:30-17:30	CROSSFIT 16:30-17:30		
17:30	CROSSFIT 17:30-18:30	CROSSFIT 17:30-18:30	CROSSFIT 17:30-18:30	CROSSFIT 17:30-18:30	CROSSFIT 17:30-18:30		
18:30	CROSSFIT 18:30-19:30	CROSSFIT 18:30-19:30	CROSSFIT 18:30-19:30	CROSSFIT 18:30-19:30	CROSSFIT 18:30-19:30		
19:30	CROSSFIT 19:30-20:30	CARDIO BURN 19:30-20:30	CROSSFIT 19:30-20:30	CARDIO BURN 19:30-20:30			

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