

Horaire		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
12h30 à 13h	Plateau				CROSS TRAINING (Spécial bike)			
18h30 à 19h15	Plateau		CROSS TRAINING	CROSS TRAINING	CROSS TRAINING			
19h30 à 20h15	Plateau	CROSS TRAINING						