

PLANNING HEBDOMADAIRE 2018-2019 (hors vacances scolaires)

HORAIRES	lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
12H30-13H30				CROSS TRAINING CIRCUIT TRAINING Clément septembre à décembre			
18H00-19H00	CROSS TRAINING CIRCUIT TRAINING Maxime	CROSS TRAINING CIRCUIT TRAINING Kevin + Clément		CROSS TRAINING CIRCUIT TRAINING Alain			
19H00-20H00	CROSS TRAINING CIRCUIT TRAINING Maxime	CROSS TRAINING CIRCUIT TRAINING Kevin + Clément		CROSS TRAINING CIRCUIT TRAINING Alain			