

Planning Vitality Center

Horaires d'ouverture du club : Semaine 9h/20h30 Non Stop et Samedi 10h/12h

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30			TBC			
10h30						 
12h30						
17h30						
18h00	 30'		 		TBC	
18h30						
19h00						

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	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h30	ATHLETIC TRAINING OG	ATHLETIC TRAINING OG	ATHLETIC TRAINING OG	ATHLETIC TRAINING WOD	ATHLETIC TRAINING OG	9h ATHLETIC TRAINING WOD
11h30	ATHLETIC TRAINING WOD	ATHLETIC TRAINING WEIGHTLIFTING 30'	ATHLETIC TRAINING GYM' 30'	ATHLETIC TRAINING WEIGHTLIFTING 30'	ATHLETIC TRAINING GYM' 30'	
12h			ATHLETIC TRAINING WOD			
13H30 - 16H30	ATHLETIC TRAINING OG	ATHLETIC TRAINING OG		ATHLETIC TRAINING OG	ATHLETIC TRAINING OG	
16H30	ATHLETIC TRAINING WOD	ATHLETIC TRAINING WOD	ATHLETIC TRAINING WOD	ATHLETIC TRAINING WOD	ATHLETIC TRAINING OG	
20h	ATHLETIC TRAINING WOD		ATHLETIC TRAINING WOD		ATHLETIC TRAINING WOD	

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10h					
10h30					
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18h00					
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19h30					