



CROSSFIT
SILVER LION

Horaires	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
09h00 – 10h00	WOD Open Gym		WOD Open Gym		Team WOD Open Gym		
10h00 – 11h00						Skill Focus Open Gym	Conditioning
10h30 - 12h00						Train with coach	
12h15 – 13h15	WOD Open Gym		WOD Open Gym		Team WOD Open Gym		
FERMETURE	À 13h30						
17h30 – 18h30	WOD Open Gym	WOD Open Gym	WOD Open Gym	WOD Open Gym	Team WOD Open Gym		
19h00 – 20h00	WOD Open Gym	WOD Open Gym	WOD Open Gym	WOD Open Gym	Team WOD Open Gym		
FERMETURE	À 20h30						