

PLANNING 2026

ZONE EVOLUTION + HYROX



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	Accès libre	Circuit Training 06:15 - 7: 00	HYROX 06:15 - 7: 00	Accès libre	Circuit Training 06: 15 - 7: 00	Cross Training 9: 00 - 10: 00
		Accès libre	Accès libre	HYROX 7: 00 - 08: 00	Accès libre	
MIDI	Fire Fit 9: 00 - 10: 30		Cross Training 9: 00 - 10: 30	Cross Training 9: 00 - 10: 00	HYROX 9: 30 - 10: 30	DIMANCHE
	Cross Training 12: 15 - 13: 15	HYROX 12: 15 - 13: 15	Cross Taining 12: 15 - 13: 15	Hiit n'Boxing 12: 15 - 13: 15	Cross Training 12: 15 - 13: 15	Circuit Training 9: 00 - 10: 00
APRES-MIDI	Accès libre	SmallGroup 15: 00 - 16: 00	SmallGroup 14: 00 - 15: 00	Accès libre	SmallGroup 14: 00 - 15: 00	HYROX 12: 00 - 13: 00
	Cross Training 16: 30 - 17: 30	Cross Training 16: 30 - 17: 30	Cross Training 16: 30 - 17: 30	HYROX 16: 30 - 17: 30	Cross Training 16: 30 - 17: 30	
	Accès libre	Accès libre	Accès libre	Accès libre	Accès libre	
SOIR	Hiit n'Boxing 17: 45 - 18: 45	Cross Training 17: 45 - 18: 45	HYROX 17: 45 - 18: 45	Circuit Training 17: 45 - 18: 45	Hiit n'Boxing 17: 45- 18: 45	
	HYROX 19: 00 - 20: 00	Cross Training 19: 00 - 20: 00	Accès libre	Accès libre	Accès libre	