

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
CROSSTRAINING Momentum Gabriel 6h30	OPEN GYM	CROSSTRAINING Momentum Chris 6h30	OPEN GYM	CROSSTRAINING Momentum Chris 6h30	Circuit Ninjas Reporté	
CROSSTRAINING Momentum Gabriel 8h30	Crosstraining Santé 2000 Geoffrey 8h30	CROSSTRAINING Momentum Chris 8h30	Crosstraining Santé 2000 Geoffrey 8h30	CROSSTRAINING Momentum Chris 8h30	Circuit Ninjas Reporté	
CROSSTRAINING Momentum Chris 11h00	Weightlifting Santé 2000 Marie-Pier 11h00	CROSSTRAINING Momentum Chris 11h00		CROSSTRAINING Momentum Chris 11h00	CROSSTRAINING Momentum 10h30	CROSSTRAINING Momentum 10h30
Crosstraining Santé 2000 Geoffrey 12h00 ZONE BOXE		Crosstraining Santé 2000 Geoffrey 12h00 ZONE BOXE	CROSSTRAINING Momentum Chris 11h00	Crosstraining Santé 2000 Geoffrey 12h00 ZONE BOXE	CROSSTRAINING Santé 2000 11h30	CROSSTRAINING Santé 2000 11h30
CROSSTRAINING Momentum Chris 12h00	CROSSTRAINING Santé 2000 Chris 12h00	CROSSTRAINING Momentum Chrs 12h00	CROSSTRAINING Santé 2000 Chris 12h00	CROSSTRAINING Momentum Chris 12h00		Circuit Ninjas Reporté
CROSSTRAINING Momentum Gabriel 16h15	Weightlifting Santé 2000 Marie-Pier 16h00	CROSSTRAINING Momentum Annik 16h15	Weightlifting Santé 2000 Marie-Pier 16h00			Circuit Ninjas Reporté
CROSSTRAINING Momentum Chris 17h15	CROSSTRAINING Momentum Alex 17h00	CROSSTRAINING Momentum Annik 17h15	CROSSTRAINING Momentum Gabriel 17h00	CROSSTRAINING Momentum Gabriel 17h00		
CROSSTRAINING Chris 18h15	Crosstraining Santé 2000 Étienne 18h00	Crosstraining Santé 2000 Annik 18h15				
CROSSTRAINING Momentum Chris 19h15	Crosstraining Pionniers Étienne 19h00	CROSSTRAINING Momentum Annik 19h15	Crosstraining Pionniers Étienne 19h00			