



**Fight Force**  
MARTIAL GYM

## PLANNING CROSS-TRAINING

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10:00						
10:30	10:00-11:30 OPEN GYM	10:00-11:30 OPEN GYM	10:00-11:30 OPEN GYM	10:00-11:30 OPEN GYM	10:00-11:30 OPEN GYM	
11:00						
11:30						
12:00						
12:30						
13:00	12:30-13:30 CHALLENGE ANAIS	12:30-13:30 CHALLENGE ANAIS	12:30-13:30 CARDIO SAMY	12:30-13:30 CHALLENGE ANAIS	12:30-13:30 CHALLENGE ANAIS	12:30-13:30 TEAM SAMY
13:30						
14:00						
14:30						
15:00						
15:30			15:00-16h00 TEENS/KIDS ANAIS			15:00-16h00 TEENS/KIDS ANAIS
16:00	14:30-17:30 OPEN GYM	14:30-17:30 OPEN GYM		14:30-17:30 OPEN GYM	14:30-17:30 OPEN GYM	
16:30						
17:00						
17:30						
18:00	17:30-18:30 CHALLENGE ANAIS	17:30-18:30 CHALLENGE AURELIE	17:30-18:30 CHALLENGE ANAIS	17:30-18:30 CHALLENGE AURELIE	17:30-18:30 CHALLENGE AURELIE	
18:30						
18:45	18:45-19:45 CHALLENGE ANAIS	18:45-19:45 CHALLENGE AURELIE	18:45-19:45 CHALLENGE ANAIS	18:45-19:45 CARDIO AURELIE	18:45-19:45 CHALLENGE AURELIE	
19:45						
20:00	20:00-21:00 CHALLENGE ANAIS	20:00-21:00 CARDIO SAMY	20:00-21:00 CHALLENGE ANAIS	20:00-21:00 CHALLENGE AURELIE	20:00-21:00 CHALLENGE AURELIE	
21:00						
21:30						
22:00						