

| | | 17h | 18h | 18h30 | 19h30 |
|-----------|--------------------|------------------------------|-----------------------------|--------------------|--------------------|
| MONDAY | 11h30 | Specific Renfo | XPress | Workout of the day | Workout of the day |
| TUESDAY | Workout of the day | Specific Force Athlétique | XPress | Workout of the day | Workout of the day |
| WEDNESDAY | | Specific Haltero | XPress | Workout of the day | |
| THURSDAY | 11h30 | Specific Gym | XPress | Workout of the day | Workout of the day |
| FRIDAY | 12h30 | 17h30 Specific Cardio 45' | XPress | Specific Renfo | Workout of the day |
| SATURDAY | | Workout of the day | Compétiteurs / Initiés 1h30 | | |

WEEKLY Schedule