



HORAIRE 2018

Salle #1 - La grange

Contact :
info@gymlevestiaire.com
 514-649-7486

LUNDI	MARDI		MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	6.00 CrossFit Joe/André-Flx			6.00 CrossFit Manu			
7.00 CrossFit Joe/André-Flx	7.00 CrossFit Joe/André-Flx		7.00 CrossFit Guillaume	7.00 CrossFit Manu	7.00 CrossFit Manu		
8.00 CrossFit Joe/André-Flx	8.00 CrossFit Joe/André-Flx		8.00 CrossFit Guillaume	8.00 CrossFit Manu	8.00 CrossFit Manu		
						9.00 CrossFit Cédrik	
						10.00 CrossFit Cédrik	10.00 CrossFit Zach/Jake
					11.00 CrossFit Manu	11h Endurants Cédrik	11 Gymnastiqu. Zach/Jake
12.00 CrossFit Joe/André-Flx	12.00 CrossFit Joe/André-Flx		12.00 CrossFit Karim	12.00 CrossFit Manu	12.00 CrossFit Manu		12.00 Haltéro Zach/Jake
					15.30 CrossFit Cath		
16.30 CrossFit Mirakim	16.30 CrossFit Cath		16.30 CrossFit Mirakim	16.30 CrossFit Cédrik	16.30 CrossFit Cath		
17.30 CrossFit Mirakim	17h30 Muscu Karim	17.30 CrossFit Cath		17.30 CrossFit Mirakim	17.30 CrossFit Cédrik		
18.30 CrossFit Karim	18.30 CrossFit Cath	18.30 Gymnastique Mira	18.30 CrossFit Mirakim	18.30 CrossFit Cédrik	18.30 CrossFit Cath		
19.30 CrossFit Karim	19.30 Endurants Cath	19.30 Mobilité Karim		19.30 Endurants Cédrik			



HORAIRE 2018
Salle #2 – Le donjon

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LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					9.30 CrossFit Karim	
					10.30 CrossFit Karim	
17.00 CrossFit Laurie	17.00 CrossFit André-Félix		17.00 CrossFit Lili	17.00 CrossFit André-Félix		
18.00 CrossFit Laurie	18.00 CrossFit André-Félix	18.00 CrossFit Martine	18.00 CrossFit Lili	18.00 CrossFit André-Félix		
19.00 CrossFit Laurie	19.00 CrossFit André-Félix	19.00 CrossFit Martine	19.00 CrossFit Lili	19.00 CrossFit André-Félix		