



Salle #1 - La grange

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

LUNDI		MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
		6.00 CrossFit Cédric		6.00 CrossFit Manu	6.00 CrossFit Manu		
7.00 CrossFit Cédric		7.00 CrossFit Cédric	7.00 CrossFit Karen	7.00 CrossFit Manu	7.00 CrossFit Manu		
8.00 CrossFit Cédric		8.00 CrossFit Cédric	8.00 CrossFit Karen	8.00 CrossFit Manu	8.00 CrossFit Manu		
						9.00 CrossFit Cédric	
						10.00 CrossFit Cédric	10.00 CrossFit Zach
		11.00 CrossFit Cédric	11.00 CrossFit Karim		11.00 CrossFit Manu	11.00 CrossFit Cédric	11.00 CrossFit Zach
12.00 CrossFit Cédric		12.00 CrossFit Cédric	12.00 CrossFit Karim	12.00 CrossFit Manu	12.00 CrossFit Manu		
					15.30 CrossFit Cédric		
16.30 CrossFit Mirakim		16.30 CrossFit Cédric	16.30 CrossFit Mira	16.30 CrossFit Cédric	16.30 CrossFit Cédric		
17.30 CrossFit Mirakim	17.30 Muscu Karim	17.30 CrossFit Cédric	17.30 CrossFit Mira	17.30 CrossFit Cédric	17.30 CrossFit Cédric		
18.30 Gymnastique Mira	18.30 CrossFit Karim	18.30 CrossFit Cédric	18.30 CrossFit Mira	18.30 CrossFit Cédric	18.30 CrossFit Cédric		
19.30 CrossFit Karim		19.30 Cardio-Burn Cédric		19.30 Cardio-Burn Cédric			



Salle #2 - Le donjon

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LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					9.30 CrossFit Karim	9.00 KIDS Karen
					10.30 CrossFit Karim	
17.00 CrossFit Laurie	17.00 CrossFit André-Félix	17.00 CrossFit André-Félix	17.00 CrossFit Karim	17.00 CrossFit André-Félix		
18.00 CrossFit Laurie	18.00 CrossFit André-Félix	18.00 CrossFit André-Félix	18.00 CrossFit Karim	18.00 CrossFit André-Félix		
19.00 CrossFit Laurie	19.00 CrossFit André-Félix	19.00 CrossFit André-Félix	19.00 CrossFit Karim	19.00 Haltéro André-Félix		