



CrossFit Léman Nyon

HORAIRES - REPRISE DU 19 AVRIL 2021

Heure / Time	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:15	CrossFit - S & D 30min David		CrossFit - S & D 30min David		CrossFit - S & D 30min Adina		
12:50	CrossFit - S & D 30min David		CrossFit - S & D 30min David		CrossFit - S & D 30min Adina		
14:00							
15:00							
16:00							
17:00	CrossFit - S & D 30min Guillaume	CrossFit - S & D 30min Adina	CrossFit - S & D 30min Junior	CrossFit - S & D 30min Adina			
17:35	CrossFit - S & D 30min Guillaume	CrossFit - S & D 30min Adina	CrossFit - S & D 30min Junior	CrossFit - S & D 30min Adina			
18:10	CrossFit - S & D 30min Guillaume	CrossFit - S & D 30min Adina	CrossFit < 20ans 45min Junior	CrossFit - S & D 30min Adina			
18:45	CrossFit - S & D 30min Guillaume	CrossFit - S & D 30min Adina		CrossFit - S & D 30min Adina			
19:00			CrossFit - S & D 30min Junior				
19:20	CrossFit - S & D 30min Guillaume	CrossFit - S & D 30min Adina		CrossFit - S & D 30min Adina			