

Horaire Buckingham CrossFit

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					CROSSFIT 4-5 ANS 8h15-8h45 Elo	
CROSSFIT 8h30 Pg	CROSSFIT 8h30 Cyn	CROSSFIT 8h30 Cyn	CROSSFIT 8h30 Ju		CROSSFIT KIDS 8h45 - 9h30 Elo	YOGA YIN 10:30 Cyn
					CROSSFIT HORS PROGRAMME TEAM WOD 9h30 Frank	
CROSSFIT 12h Pg	CROSSFIT 12h Cyn	CROSSFIT 12h Cyn	CROSSFIT 12h Ju	CROSSFIT 12h Pg	CROSSFIT 10h30 Frank	
CROSSFIT 15h30 Pg		CROSSFIT 15h30 Cyn	CROSSFIT 15h30 Pg		CROSSFIT TEENS 11h30 Elo	
CROSSFIT 16h45 Caro	CROSSFIT 16h45 Cyn	CROSSFIT 16h45 Yann	CROSSFIT 16h45 Mel	CROSSFIT 17h Frank		
CROSSFIT 18h Caro	CROSSFIT ET HALTERO 18h Jo et cyn	CROSSFIT KIDS 18h Nat	CROSSFIT ET POWERLIFT 18h Mel et Pg			
	CROSSFIT 19h15 Jo	CROSSFIT 19h15 Yann	CROSSFIT TEENS 19h Mel			