

Janvier 2026

PLANNING ARÈNE ROQUEBRUNE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	7H30 HYROX		7H30 CROSS-TRAINING		10H00 CROSS-TRAINING
		9H00 CROSS TRAINING			11H00 HYROX
12H30 HYROX		12H30 CROSS TRAINING		12H30 HYROX	
17H30 CROSS TRAINING	17H30 HYROX	17H30 CROSS-TRAINING	17H30 CROSS-TRAINING	17H00 CROSS TRAINING	
18H30 RENFO	19H00 BOXING	18H30 HYROX	18H30 HYROX	18H30 BOXING	



Ouvert 7j/7 de 6h à 23h