2026

PLANNING ARÈNE ROQUEBRUNE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	7H30 HYROX				
		9H00 CROSS TRAINING			9H30 CROSS TRAINING
					NEW 10H30 HYROX TEENS
12H30 HYROX		12H30 CROSS TRAINING	12H30 CROSS TRAINING	12H30 HYROX	11H30 HYROX
				14H00 CROSS TRAINING	
17H30 CROSS TRAINING	17H30 HYROX	NEW 16H00 HYROX TEENS	17H30 CROSS TRAINING	NEW 17H30 MOBILITÉ	
18H30 RENFO	19H00 BOXING	18H30 HYROX	18H30 HYROX		

Ouvert 7j/7 de 6h à 23h