	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9h15 9h (dim.)		CROSS TRAINING		CROSS TRAINING			BOOTCAMP
12h15			CROSS Freestyle				
14h15	Freestyle						
18h00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
19h00	-Home-	CROSS TRAINING	Mobility Training	Freestyle	-Home-		
20h00	CORE						