

| | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche | | | | | |
|-------|-----------------|-----------------|-------------|--------|-------------|----------|-------------|--------|-----------------|------|-----------|-----|
| 7:00 | FERMETURE | | FERMETURE | | FERMETURE | | FERMETURE | | | | | |
| 8:00 | FERMETURE | | FERMETURE | | FERMETURE | | FERMETURE | | | | | |
| 9:00 | FERMETURE | | FERMETURE | | FERMETURE | | FERMETURE | | | | | |
| 10:00 | FREE | CARDIO TRAINING | WOD | | GYM | WOD | WOD TEAM | WOD | | | | |
| 11:00 | FREE ACCESS | | FREE ACCESS | | FREE ACCESS | | WOD TEAM | WOD | | | | |
| 12:00 | FREE ACCESS | | FREE ACCESS | | FREE ACCESS | | FREE ACCESS | | | | | |
| 13:00 | CARDIO | WOD | CARDIO | GYM | WOD TEAM | CARDIO | GYM | CARDIO | WOD | | | |
| 14:00 | FREE ACCESS | | FREE ACCESS | | FREE ACCESS | | FREE ACCESS | | CARDIO TRAINING | | | |
| 15:00 | FREE ACCESS | | FREE ACCESS | | FREE ACCESS | | FREE ACCESS | | FERMETURE | | | |
| 16:00 | FREE ACCESS | | FREE ACCESS | | FREE ACCESS | | FREE ACCESS | | | | | |
| 17:00 | WOD | | WOD | | WOD TEAM | | WOD | | | | | |
| 18:00 | CARDIO TRAINING | | WOD | CARDIO | GYM | WOD TEAM | | CARDIO | | | WOD | WOD |
| 19:00 | CARDIO | FREE | SKILL | CARDIO | WOD | FONDAM | FREE | CARDIO | GYM | WOD | | |
| 20:00 | WOD | | WOD | FREE | WOD TEAM | | WOD | FREE | WEIGHT LIFTING | FREE | FERMETURE | |