

PLANNINGS RTC 2020 – CROSS TRAINING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE 7
ACCES LIBRE 9H – 11H30	ACCES LIBRE 9H – 11H30	CROSS TRAINING FORCE DE L'ORDRE 10H30/11H30	ACCES LIBRE 9H – 11H30	ACCES LIBRE 9H – 11H30		ACCES LIBRE 10H – 13 H
SPORT SANTE 11H30/13H	SPORT SANTE 11H30/13H		CIRCUIT TRAINING FORCE DE L'ORDRE 11H30/13H	SPORT SANTE 11H30/13H	REATHLETISATION RENFORCEMENT 10H/12H	
ACCES LIBRE 13H – 19 H	ACCES LIBRE 13H – 19H15	ACCES LIBRE 9H – 17H30	ACCES LIBRE 13H – 19 H	ACCES LIBRE 13H – 18 H	ACCES LIBRE 12H – 17 H	
		TRAINING LUDO 17H30 – 18H30	INITIATION RUNNING 18H15-19H JO	REATHLETISATION RENFORCEMENT 18H15- 19H15		
CROSS TRAINING 19h – 20h JO	CROSS TRAINING PERFECTIONNEMENT FRAIZEUR 19H30 – 21H LUDO	TRAINING LUDO 18H45 – 19H45	COURS COLLECTIF CROSS TRAINING 19H10 – 20H JO	CROSS TRAINING 19H15 – 20H15 JEROME		
ACCES LIBRE	ACCES LIBRE	TRAINING LUDO 20H – 21H	PERFECTIONNEMENT TRAINING LUDO 20H15 – 21H30			
		ACCES LIBRE				