

<b>Phoenix</b>	Lundi	Mardi	Mercredi	Jeudi	Vendredi		Samedi	Dimanche
9h30	Open gym	Open gym	Senior Condition	Condition	Condition	9h30	Senior Condition	condition
17h30	Condition	Condition	condition	condition	condition	10h30	Street lifting	team WOD
18h30	haltéro WOD	condition	condition	condition	gym WOD	11h	WOD piscine (piscine de Binche)	
19h30	gym WOD	haltéro WOD	condition	gym technique	/			