

## Horaire/Schedule - Crossfit Griffintown

Semaine Week days					Fin de semaine Weekend		
	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday	Dimanche Sunday
6:00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
7:00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
8:00	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
9:00	Fermé Closed						
10:00						Crossfit	
11:00						Crossfit	Crossfit
12:00						Crossfit	Crossfit
12:15	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
13:15	Open gym						
15:30	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
16:30	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
17:30	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
18:30	Crossfit	Crossfit	Crossfit	Endurance	Endurance		
19:30	Endurance	Endurance	Endurance				
20:30							