Horaires 2026

Becoming Athletic

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
6H							
7H							
8H			8:15-9:15 SGT		8:15-9:15 SGT		
9H			9:30-10:30 SGT		9:30-10:30 SGT	9:00-10:00 SGT	
10H						10:15-11:15 SGT	
11H							
12H					12:15-13:15 SGT		
13H							
14H							
15H							
16H							
17H	17:00-18:00 SGT		17:00-18:00 SGT		17:00-18:00 SGT		
18H	18:15-19:15 SGT	18:15-19:15 SGT	18:15-19:15 SGT		18:15-19:15 SGT		
19H	19:30-20:30 SGT	19:30-20:30 MOB	19:30-20:30 MOB				

***SGT = Small Group training** ***MOB = Mobility**

www.becomingathletic.ch