

Horaires 2026



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
6H			6:00-7:00 SGT				
7H							
8H							
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		12:15-13:15 SGT		
13H							
14H							
15H							
16H							
17H			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 SGT				

**SGT = Small Group training*

**MOB = Mobility*

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