



**COURS COLLECTIFS**  
**SAINT-IMIER**

|       |       | LUNDI         | MARDI | MERCREDI      | JEUDI | VENDREDI      | SAMEDI                |
|-------|-------|---------------|-------|---------------|-------|---------------|-----------------------|
| MATIN | 9H45  |               |       | CrossTraining |       |               | <br>PÉRIODE HIVERNALE |
| SOIR  | 17H00 |               |       |               |       |               |                       |
|       | 18H00 |               |       |               |       |               |                       |
|       |       | CrossTraining |       | CrossTraining |       | CrossTraining |                       |
| 19H00 |       |               |       |               |       |               |                       |