



NOUVEAU PLANNING

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
7h30-8h30	WOD		WOD		WOD	HORAIRE WEEK-END	
8h30-9h30	WOD	WOD	BURN/ HYROX	9H00-10H00	BODY	10H00-11H00 -12H00	
9H30-10H30	OPEN GYM	OPEN GYM	WEIGHTLIFTING	YOGA	OPEN GYM	WEIGHTLIFTING	WOD TEAM
10h30-12h15	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	WOD TEAM	WOD TEAM
12h15-13h15	BURN	WOD	WOD	GYM	BURN / HYROX	COMPETE	
13h15-17h00	OPEN GYM	OPEN GYM	OPEN GYM	13h15-14h00	OPEN GYM		
17h00-18h00	WOD	OPEN GYM	OPEN GYM	OPEN GYM	WOD		
18h00-19h00	WOD	WOD RUN	UPPER BODY	WOD TEAM	WOD		
19h00-20h00	BODY SCULT	GYM	WOD	WOD TEAM			
20h00-21h00	OPEN GYM	WOD					