



# BREAK PLANNING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7h30-8h30 WOD	7h30-8h30 BURN	7h30-8h30 WOD		7h30-8h30 WOD		
8h30-9h30 WOD	8h30-9h30 WOD	8h30-9h30 HYROX	8h30-9h30 YOGA	8h30-9h30 BODY SCULPT	9h-9h45 PILATES	
	9h30-10h30 BODY SCULPT	9h30-10h30 WEIGHTLIFTING	10h-11h BODY SCULPT	9h30-11h OPEN GYM 9h30-10h30 PRÉPA GOLF	10h-11h30 HYROX	10h-11h WOD TEAM
10h30-12h15 OPEN GYM	10h30-12h15 OPEN GYM	10h30-12h15 OPEN GYM	11h-12h15 OPEN GYM	11h-12h15 OPEN GYM	11h30-12h30 WOD	11h-12h WOD TEAM
12h15-13h15 BURN	12h15-13h15 WOD	12h15-13h15 WOD	12h15-13h15 GYM	12h15-13h15 BURN	12h30-14h OPEN GYM	
13h15-15h OPEN GYM	13h15-15h OPEN GYM	13h15-15h OPEN GYM	13h15-15h OPEN GYM	13h15-15h OPEN GYM		
15h-17h OPEN GYM 16h-17h PRÉPA by KEO	15h-17h OPEN GYM 16h-17h PRÉPA GOLF	15h-17h OPEN GYM	15h-17h OPEN GYM	15h-17h OPEN GYM		
17h-18h HYROX	17h-18h WOD	17h-18h PRÉPA by KEO	17h-18h WOD TEAM	17h-18h PRÉPA GOLF	17h-18h WOD	
18h-19h WOD	18h-19h LOWER BODY	18h-19h UPPER BODY	18h-19h WOD TEAM	18h-19h WEIGHTLIFTING		
19h-20h BODY SCULPT	19h-20h GYM	19h-20h WOD	19h-20h WOD TEAM	19h-20h WOD		
20h-21h WOD	20h-21h WOD	20h-21h WOD		20h-21h BODY SCULPT		