

PLANNING



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8h45-9h45	WOD	WOD	WOD	WOD	WOD		<div style="writing-mode: vertical-rl; text-orientation: mixed; font-size: 4em; font-weight: bold; text-align: center;">R E S T</div>
9h45-10h45	FREE ACCESS / COMPET	FREE ACCESS / COMPET	FREE ACCESS / COMPET	FREE ACCESS / COMPET	FREE ACCESS / COMPET	10h15-11h30 TEAM WORKOUT	
10h45-11h45						11h30-12h30 TEAM WORKOUT	
11h45-12h30							
12h30-13h30	WOD	WOD	WOD	WOD	WOD	FREE ACCESS COMPET	
13h30-14h45	FREE ACCESS & COMPET	15h	FREE ACCESS & COMPET	15h	15h	14h30 fermeture	
14h45-16h		FREE ACCESS COMPET		FREE ACCESS COMPET	FREE ACCESS COMPET		
16h-17h	WOD	WOD	WOD	WOD	WOD		
17h15-18h15	WOD	WOD	WOD	WOD	WOD		
18h30-19h30	WOD	WOD	WOD	WOD	WOD		
19h45-20h45	WOD	WOD	WOD	WOD	WOD		