

PLANNING



CROSSFIT GALACTIC

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
8h45-9h45	WOD	WOD	WOD	WOD	WOD			
9h45-10h45	FREE ACCESS / COMPET	FREE ACCESS / COMPET	FREE ACCESS / COMPET	FREE ACCESS / COMPET	FREE ACCESS / COMPET	10h15-11h30 TEAM WORKOUT	R E S T	
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		WOD	FREE ACCESS COMPET			FREE ACCESS COMPET
16h-17h15		WOD		WOD	WOD			WOD
17h15-18h30	WOD	WOD	WOD	WOD	WOD			
18h30-19h45	WOD	WOD		WOD	WOD			