



Planning



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8h45 - 9h45	WOD		WOD		WOD	
9h45 - 10h45						
10h45 - 11h45	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	10h15 TEAM WOD
11h45 - 12h30						OPEN GYM
12h30 - 13h30	WOD	WOD	WOD	WOD	WOD	
13h30 - 16h	LUNCH BREAK					
16h - 17h	WOD		WOD		WOD	
17h15 - 18h15	WOD	OPEN	WOD	OPEN	WOD	OPEN
18h30 - 19h30	HYROX	GYM	WOD	HALTERO/GYM	WOD	GYM
19h45 - 20h45	WOD		WOD		HYROX	