

# Planning – CROSSFIT CORMEILLES-EN-PARISIS

LUN	MAR	MER	JEU	VEN	SAM	DIM
9:00 - 11:30 OPEN GYM		9:00 - 11:30 OPEN GYM	9:00 - 11:30 OPEN GYM		10:00 - 15:00 OPEN GYM	
11:30 - 12:30 WOD ENDURANCE	11:30 13:30	11:30 - 12:30 WOD	11:30 13:30	11:30 - 12:30 WOD	11:30 13:30	10:00 - 11:00 WOD
12:30 - 13:30 WOD ENDURANCE	OPEN GYM	12:30 - 13:30 WOD	OPEN GYM	12:30 - 13:30 WOD	OPEN GYM	11:00 - 12:00 WOD
		10:30 - 11:30 WOD TEAM	11:30 - 12:30 GYM TECHNIQUE	11:30 - 12:30 WOD HALTERO	11:30 - 12:00 WOD TEAM	
		11:30 - 12:30 WOD TEAM	12:30 - 13:30 WOD HALTERO	12:00 - 13:00 WOD TEAM		
17:30 - 18:30 WOD ENDURANCE	17:30 21:30	17:30 - 18:30 WOD	17:30 21:30	17:30 - 18:30 WOD HALTERO	17:30 21:30	
18:30 - 19:30 WOD ENDURANCE	18:30 - 19:30 HALTERO TECHNIQUE	18:30 - 19:30 WOD	17:30 21:30	18:30 - 19:30 WOD HALTERO	17:30 21:30	
19:30 - 20:30 WOD ENDURANCE	19:30 - 20:30 GYM TECHNIQUE	19:30 - 20:30 WOD	OPEN GYM	19:30 - 20:30 WOD HALTERO	OPEN GYM	
20:30 - 21:30 WOD ENDURANCE	OPEN GYM	20:30 - 21:30 WOD	20:30 - 21:30 WOD TEAM	20:30 - 21:30 WOD HALTERO	20:30 - 21:30 WOD	
		20:30 - 21:30 WOD TEAM	20:30 - 21:30 GYM TECHNIQUE			

