

Planning – CROSSFIT CORMEILLES-EN-PARISIS

LUN	MAR	MER	JEU	VEN	SAM	DIM
				09:00 13:30		
10:00 - 11:30 WOD COACH	10:00 - 11:30 WOD COACH	10:00 - 11:30 WOD COACH	10:00 - 11:30 WOD COACH	10:00 - 11:30 WOD COACH	10:00 15:00 OPEN GYM	10:00 12:00 OPEN GYM
11:30 - 12:30 WOD ENDURANCE	11:30 - 12:30 WOD	11:30 - 12:30 WOD TEAM	11:30 - 12:30 WOD BENCHMARKS	11:30 - 12:30 GYM TECHNIQUE	10:00 - 11:00 WOD	10:00 - 11:00 WOD
12:30 - 13:30 WOD ENDURANCE	12:30 - 13:30 WOD	12:30 - 13:30 WOD TEAM	12:30 - 13:30 WOD BENCHMARKS	12:30 - 13:30 WOD GYM	11:00 - 12:00 FORCE ATHLÉTIQUE	11:00 - 12:00 WOD
					12:00 - 13:00 WOD	
					13:00 - 15:00 COURS SPÉCIFIQUE HALTERO 20 EUROS LA SÉANCE 2 SAMEDI/MOIS	
17:30 - 18:30 WOD ENDURANCE	17:30 - 18:30 HALTERO TECHNIQUE	17:30 - 18:30 WOD TEAM	17:30 - 18:30 WOD BENCHMARKS	17:30 - 18:30 WOD GYM		
18:30 - 19:30 GYM TECHNIQUE	18:30 - 19:30 WOD	18:30 - 19:30 RENFORCEMENT MUSCULAIRE	18:30 - 19:30 WOD BENCHMARKS	18:30 - 19:30 WOD GYM		
19:30 - 20:30 WOD ENDURANCE	19:30 - 20:30 HALTERO TECHNIQUE	19:30 - 20:30 WOD TEAM	19:30 - 20:30 WOD BENCHMARKS	19:30 - 20:30 WOD GYM		
20:30 - 21:30 WOD ENDURANCE	20:30 - 21:30 WOD	20:30 - 21:30 GYM TECHNIQUE	20:30 - 21:30 WOD BENCHMARKS	20:30 - 21:30 WOD GYM		

