

Planning – CROSSFIT CORMEILLES-EN-PARISIS

LUN	MAR	MER	JEU	VEN	SAM	DIM
09:00 - 10:00 WOD SKILLS GYM 11:30 - 12:30 WOD SKILLS GYM 12:30 - 13:30 WOD SKILLS GYM 07:00 13:30 OPEN GYM	09:00 - 10:00 CONDITIONNING 10:00 - 11:00 CONDITIONNING 11:15 - 12:45 HALTERO 12:45 - 13:45 CONDITIONNING 09:00 13:45 OPEN GYM	11:30 - 12:30 COMPETITOR 12:30 - 13:30 WOD SKILLS HALTERO 13:45 - 14:30 KIDS 14:30 - 15:30 PRÉ TEENS 10:00 15:30 OPEN GYM	09:00 - 10:00 WOD TEAM 11:30 - 12:30 WOD TEAM 12:30 - 13:30 WOD TEAM 09:00 13:30 OPEN GYM	07:00 - 08:00 WOD ACCESSORY/REN FO 08:00 - 09:00 WOD ACCESSORY/REN FO 09:00 - 10:00 WOD ACCESSORY/REN FO 11:30 - 12:30 WOD ACCESSORY/REN FO 12:30 - 13:30 WOD ACCESSORY/REN FO 07:00 13:30 OPEN GYM	09:00 - 10:00 WOD TEAM 10:00 - 11:00 WOD TEAM 11:00 - 12:00 WOD TEAM 12:00 - 13:00 WOD TEAM 13:00 - 14:00 KIDS 14:00 - 15:00 PRÉ TEENS 09:00 15:00 OPEN GYM	10:00 - 11:00 WOD 11:00 - 12:00 WOD 10:00 12:00 OPEN GYM
17:00 - 18:30 COMPETITOR 18:30 - 19:30 WOD SKILLS GYM 19:30 - 20:30 WOD SKILLS GYM 20:30 - 21:30 WOD SKILLS GYM 17:00 21:00 OPEN GYM	17:00 - 18:00 CONDITIONNING 18:00 - 19:00 CONDITIONNING 19:00 - 20:00 CONDITIONNING 20:00 - 21:00 CONDITIONNING 17:00 21:00 OPEN GYM	17:00 - 18:00 WOD SKILLS HALTERO 18:00 - 19:00 WOD SKILLS HALTERO 19:00 - 20:00 COMPETITOR 20:00 - 21:00 WOD SKILLS HALTERO 17:00 21:00 OPEN GYM	16:30 - 17:30 WOD TEAM 17:30 - 18:30 WOD TEAM 18:30 - 19:30 WOD HYBRID 19:30 - 20:30 WOD TEAM 16:30 20:30 OPEN GYM	16:30 - 17:30 WOD ACCESSORY/REN FO 17:30 - 18:30 WOD ACCESSORY/REN FO 18:30 - 19:30 WOD EN DU RANCE 19:30 - 20:30 WOD ACCESSORY/REN FO 16:30 20:30 OPEN GYM		

