



CROSSFIT CORMEILLES - EN - PARISIS

# PLANNING DES COURS

07:00 – 21:30

52 cours par semaine · 1 coach pour 12

Horaires en vigueur au 30 juillet 2026

|       | LUN 8                                       | MAR 11                                                      | MER 9                                           | JEU 8                                                 | VEN 7                                                   | SAM 6                    | DIM 3                              |
|-------|---------------------------------------------|-------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------|--------------------------|------------------------------------|
| 07:00 |                                             | 07:00–08:00<br>■ HYBRID CONDITIONING<br>■ ou STRENGTH SQUAT |                                                 |                                                       |                                                         |                          |                                    |
| 08:00 |                                             | 08:00–09:00<br>HYBRID CONDITIONING                          |                                                 |                                                       |                                                         |                          |                                    |
| 09:00 | 09:00–10:00<br>WOD GYM                      | 09:00–10:00<br>HYBRID CONDITIONING                          |                                                 | 09:00–10:00<br>WOD TEAM                               | 09:00–10:00<br>FORCE ATHLÉTIQUE                         | 09:00–10:00<br>WOD TEAM  | 09:00–10:00<br>MOBILITY STRETCHING |
| 10:00 |                                             | 10:00–11:00<br>STRENGTH SQUAT                               |                                                 |                                                       |                                                         | 10:00–11:00<br>WOD TEAM  | 10:00–11:00<br>WOD                 |
| 11:00 | 11:00–12:00<br>COMPETITOR                   | 11:00–12:00<br>HYBRID CONDITIONING                          | 11:00–12:00<br>COMPETITOR                       | 11:00–12:00<br>HYBRID CONDITIONING                    | 11:00–12:00<br>FORCE ATHLÉTIQUE                         | 11:00–12:00<br>WOD TEAM  | 11:00–12:00<br>WOD                 |
| 12:00 | 12:00–13:00<br>WOD GYM                      | 12:00–13:00<br>STRENGTH SQUAT                               | 12:00–13:00<br>WOD HALTÉRO                      | 12:00–13:00<br>WOD TEAM                               | 12:00–13:00<br>FORCE ATHLÉTIQUE                         | 12:00–13:00<br>WOD TEAM  |                                    |
| 13:00 | 13:00–14:00<br>COMPETITOR                   | 13:00–14:00<br>HYBRID CONDITIONING                          |                                                 | 13:00–14:00<br>■ WOD TEAM<br>■ ou HYBRID CONDITIONING | 13:00–14:00<br>FORCE ATHLÉTIQUE                         | 13:00–14:00<br>KIDS      |                                    |
| 14:00 |                                             |                                                             | 13:30–14:30<br>KIDS                             |                                                       |                                                         | 14:00–15:00<br>PRÉ-TEENS |                                    |
| 15:00 |                                             |                                                             | 14:30–15:30<br>PRÉ-TEENS                        |                                                       |                                                         |                          |                                    |
| 16:00 |                                             |                                                             |                                                 |                                                       |                                                         |                          |                                    |
| 17:00 |                                             |                                                             | 17:00–17:30<br>MOBILITY STRETCHING              |                                                       |                                                         |                          |                                    |
| 18:00 | 17:30–18:30<br>COMPETITOR                   | 17:30–18:30<br>HYBRID CONDITIONING                          | 17:30–18:30<br>COMPETITOR                       | 17:30–18:30<br>WOD TEAM                               | 17:30–18:30<br>FORCE ATHLÉTIQUE                         |                          |                                    |
| 19:00 | 18:30–19:30<br>WOD GYM                      | 18:30–19:30<br>STRENGTH SQUAT                               | 18:30–19:30<br>WOD HALTÉRO                      | 18:30–19:30<br>HYBRID CONDITIONING                    | 18:30–19:30<br>WOD ENDURANCE                            |                          |                                    |
| 20:00 | 19:30–20:30<br>COMPETITOR                   | 19:30–20:30<br>HYBRID CONDITIONING                          | 19:30–20:30<br>WOD HALTÉRO                      | 19:30–20:30<br>WOD TEAM                               | 19:30–20:30<br>■ FORCE ATHLÉTIQUE<br>■ ou WOD ENDURANCE |                          |                                    |
| 21:00 | 20:30–21:30<br>■ WOD GYM<br>■ ou COMPETITOR | 20:30–21:30<br>■ HYBRID CONDITIONING<br>■ ou STRENGTH SQUAT | 20:30–21:30<br>■ WOD HALTÉRO<br>■ ou COMPETITOR | 20:30–21:30<br>HYBRID CONDITIONING                    |                                                         |                          |                                    |

- WOD Gym

■ Competitor

■ Hybrid Conditioning
- Strength Squat

■ WOD Haltéro

■ WOD Team
- Force Athlétique

■ Kids / Pré-Teens

■ Mobility Stretching
- WOD Endurance

■ WOD
- Open Gym — en autonomie

Créneau au choix — deux programmations