

PLANNING CROSS TRAINING 2022

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|-------|----------------|------------------------|------------------------------|------------------------|------------------------------|-----------------------|----------|
| 09:00 | | | | | | 9h15-10h Mini Kids | |
| 09:30 | | | | | | | |
| 10:00 | | | | | | 10h-10h45 Kids | |
| 10:30 | | | | | | | |
| 11:00 | | | | | | 11h-12h Team WOD | |
| 11:30 | | | | | | | |
| 12:00 | | | 12h-12h30 Mobilité | | | | |
| 12:30 | | | 12h30-13h30 WOD | | 12h30-13h30 WOD | | |
| 13:00 | | | | | | | |
| 13:30 | | | | | | | |
| 14:00 | | | | | | | |
| 14:30 | | | | | | | |
| 15:00 | | | 15h30-16h15 Mini Kids | | | | |
| 15:30 | | | 16h15-17h Kids | | | | |
| 16:00 | | | | | | | |
| 16:30 | | | | | | | |
| 17:00 | | 17h-18h Accès Libre | 17h-18h Accès Libre | 17h-18h Accès Libre | | | |
| 17:30 | | | | | | | |
| 18:00 | | | 18h-19h WOD | | | | |
| 18:30 | | | | | | | |
| 19:00 | 19h-20h WOD | | 19h-20h Conditionning WOD | 19h-20h WOD | 19h-20h Conditionning WOD | | |
| 19:30 | | 19h30-20h30 WOD | | | | | |
| 20:00 | | | 20h-20h30 Stretching | | | | |
| 20:30 | | | | | | | |
| 21:00 | | | | | | | |