



PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAM	DIM
7H	WOD	WOD	WOD	WOD	WOD		
9H	WOD	CARDIO TRAINING	WOD	CARDIO TRAINING	WOD		
10H	CARDIO TRAINING	WOD	CARDIO TRAINING	WOD	WOD	WOD TEAM	
12H30	WOD	CARDIO TRAINING	WOD	CARDIO TRAINING	WOD	WOD TEAM	HYROX
16H30	SKILL	COUR D'ESSAI	SKILL	COUR D'ESSAI	SKILL		
17H30	WOD	CARDIO TRAINING	WOD	CARDIO TRAINING	GYM	HYROX	HALTÉRO
18H30	WOD	CARDIO TRAINING	WOD	CARDIO BOXING	WOD	MOBILITY	
19H30	WOD	WOD	WOD	WOD	HYROX		