



Planning Cross Fitness

à partir du 20 mars 2023



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
06:00 OPEN GYM	06:00 OPEN GYM	06:00 OPEN GYM	06:00 OPEN GYM	06:00 OPEN GYM	06:00 OPEN GYM	06:00 OPEN GYM
OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
18:00 OPEN GYM Fin	18:00 OPEN GYM Fin	18:00 OPEN GYM Fin	18:00 OPEN GYM Fin	17:30 OPEN GYM Fin	23:00 OPEN GYM Fin	23:00 OPEN GYM Fin
18:00 Haltérophilie 60 min.	18:00 Cross WOD 60 min.	18:00 Explode 60 min.	18:00 Cross WOD 60 min.	17:30 Cross WOD 60 min.		
19:00 OPEN GYM	19:00 Cross WOD 60 min.	19:00 Haltérophilie 60 min.	19:00 Cross WOD 60 min.	18:30 Cross WOD 60 min.		
23:00 OPEN GYM Fin	20:00 - 23:00 OPEN GYM	20:00 - 21:00 Cross WOD 60 min.	20:00 - 23:00 OPEN GYM	19:30 - 23:00 OPEN GYM		