

PLANNING 2025

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
8h	SPE BUILD	WOD	WOD	WOD	TEAM WOD			
9h	SPE CARDIO	WOD	WOD	SURF TRAINING	TEAM WOD	SPE HALTERO	BIG TEAM WOD	
10h	FREE ACCESS				FREE ACCESS		SPE CARDIO	HYROX
11h	FREE ACCESS				FREE ACCESS		SPE GYM	
12h15	WOD	CARTOUCHE (30min)	WOD	HYROX	TEAM WOD			
13h15								
14h					FREE ACCESS			
15h	FREE ACCESS	FREE ACCESS	FREE ACCESS	FREE ACCESS				
16h						FREE ACCESS 14h - 18h	FREE ACCESS 14h - 18h	
17h15					TEAM WOD			
18h15	WOD	BCT	HYROX	WOD	BCT	TEAM WOD		
19h15	WOD	WOD	WOD	WOD	TEAM WOD			
20h15	SPE HALTERO	WOD	SPE BUILD	MOBILITY				