

PLANNING THAI TIME TRAINING

2022

CRENEAUX	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
8h - 9h		WOD	WOD	YOGA	TEAM WOD		YOGA
8h30 - 9h	CARTOUCHE						
9h - 10h	CARDIO (45')	WOD	WOD		TEAM WOD	SPE GYM	WOD
10h - 11h	CROSSLIGHT 50+	FREE	CROSSLIGHT 55+		FREE	CARDIO (45')	FREE
10h45 - 11h30			FREE			CARDIO (45')	
12h15 - 13h15	WOD				TEAM WOD		
12h30 - 13h		CARTOUCHE	CARTOUCHE				
14h15 - 15h15	FREE	FREE	FREE		FREE	KIDS TRAINING 4-6ans (45')	
15h - 16h						KIDS TRAINING 7-10ans (45')	
16h - 18h						FREE	
18h15 - 19h15	WOD	BCT	WOD	BCT	TEAM WOD		
19h15 - 20h15	WOD	WOD	WOD	WOD	TEAM WOD		
20h15 - 21h15	SPE HALTERO	WOD	BUILD	WOD	TEAM WOD		