



**Fight Force**  
MARTIAL GYM

# PLANNING CROSSFIT

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10:00						
10:30	10:00-11:30 OPEN GYM	10:00-11:30 OPEN GYM	10:00-11:30 OPEN GYM	10:00-11:30 OPEN GYM	10:00-11:30 OPEN GYM	
11:00						
11:30						
12:00						
12:30						
13:00	12:30:13:30 WOD ANAIS	12:30:13:30 WOD ANAIS	12:30:13:30 CONDITIONING SAMMY	12:30:13:30 WOD ANAIS	12:30:13:30 WOD ANAIS	12:30-13:30 TEAM SAMMY
13:30						
14:00						
14:30						
15:00	14:30-17:30 OPEN GYM	14:30-17:30 OPEN GYM		14:30-17:30 OPEN GYM	14:30-17:30 OPEN GYM	
15:30			15:00:16h00 TEENS/KIDS ANAIS			15:00:16h00 TEENS/KIDS ANAIS
16:00						
16:30						
17:00						
17:30						
18:00	17:30-18:30 WOD ANAIS	17:30-18:30 WOD AURELIE	17:30-18:30 WOD ANAIS	17:30-18:30 WOD AURELIE	17:30-18:30 WOD AURELIE	
18:30						
18:45	18:45-19:45 WOD ANAIS	18:45-19:45 WOD AURELIE	18:45-19:45 WOD ANAIS	18:45-19:45 CONDITIONING AURELIE	18:45-19:45 WOD AURELIE	
19:45						
20:00	20:00-21:00 WOD ANAIS	20:00-21:00 CONDITIONING SAMMY	20:00-21:00 WOD ANAIS	20:00-21:00 WOD AURELIE	20:00-21:00 WOD AURELIE	
21:00						