



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	12:30-13:30 WOD	12:30-13:30 CONDITIONING	12:30-13:30 WOD	12:30-13:30 WOD	12:30-13:30 TEAM
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	17:30-18:30 WOD	17:30-18:30 WOD	17:30-18:30 WOD	17:30-18:30 WOD	
18:30						
19:00	19:00-20:00 WOD	19:00-20:00 WOD	19:00-20:00 WOD	19:00-20:00 CONDITIONING	19:00-20:00 WOD	
20:00						
20:30	20:30-21:30 WOD	20:30-21:30 CONDITIONING	20:30-21:30 WOD	20:30-21:30 WOD	20:30-21:30 WOD	
21:30						
22:00						