

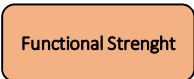
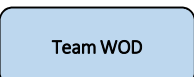
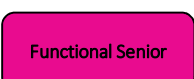
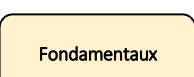


Planning Semaine Crossfit Caplatio



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
09h15			WOD			Team WOD
10h15			Functional Senior			
12h15	WOD / Open Gym	WOD / Open Gym		Functional Strength / Open Gym		
17h15	WOD / Open Gym	WOD / Open Gym	WOD / Open Gym	Functional Strength / Open Gym	WOD / Open Gym	
18h15	WOD / Open Gym	WOD / Open Gym	WOD / Open Gym	Functional Strength / Open Gym	WOD / Open Gym	
19h15	WOD / Open Gym	WOD / Fondamentaux	WOD / Open Gym	Functional Strength / Fondamentaux	WOD / Open Gym	
20h15	WOD / Open Gym		WOD / Open Gym			

-  WOD Classe Crossfit
-  Open Gym Entrainement Libre
-  Functional Strenght Classe Technique & Force
-  Team WOD Classe en Equipe
-  Functional Senior Classe 60 ans +
-  Fondamentaux Classe des fondamentaux