



PLANNING WOD

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7H00	7H00	7H00	7H00	7H00	8H00	8H00
					11H20 CROSS TRAINING	
12H15 CROSS TRAINING		12H15 CROSS TRAINING		12H15 CROSS TRAINING		
						13H00
18H00 CROSS TRAINING			18H00 CROSS TRAINING	18H00 CROSS TRAINING	18H00	
	19H00 CROSS TRAINING	19H00 CROSS TRAINING				
22H00	22H00	22H00	22H00	22H00		