



# PLANNING WOD

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7H00	7H00	7H00	7H00	7H00	8H00	8H00
	10H00 CROSS TRAINING					
12H15 CROSS TRAINING		12H15 CROSS TRAINING		12H15 CROSS TRAINING	11H20 CROSS TRAINING	
						13H00
	17H30 CROSS TRAINING		17H30 CROSS TRAINING	17H30 CROSS TRAINING		
18H15 CROSS TRAINING	19H00 CROSS TRAINING	18H50 CROSS TRAINING	19H00 CROSS TRAINING			
19H45 CROSS TRAINING					18H00	
22H00	22H00	22H00	22H00	22H00		