FIGHTNESS WOD CLUB

PLANNING WOD

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7H00	7H00	7H00	7H00	7H00	8H00	8H00
12H15 CROSS TRAINING (40 MIN)		12H15 CROSS TRAINING (40 MIN)		12H15 CROSS TRAINING (40 MIN)		13H00
17H30 CROSS TRAINING (40 MIN)			17H30 CROSS TRAINING (40 MIN)	17H30 CROSS TRAINING (40 MIN)		
18H15 CROSS TRAINING (40 MIN)			18H15 CROSS TRAINING (40 MIN)			
	19H00 CROSS TRAINING (40 MIN)	18H50 CROSS TRAINING (40 MIN)			18H00	
	19H45 CROSS TRAINING (40 MIN)					
22H00	22H00	22H00	22H00	22H00		