














PLANNING WOD

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H00	9H00	9H00	9H00	9H00	9H00
12H15 CROSS TRAINING 		12H15 CROSS TRAINING 		12H15 CROSS TRAINING 	
17H30 CROSS TRAINING 			17H30 CROSS TRAINING 	17H30 CROSS TRAINING 	
18H15 CROSS TRAINING 			18H15 CROSS TRAINING 		
	19H00 CROSS TRAINING 	18H50 CROSS TRAINING 			
	19H45 CROSS TRAINING 				
22H00	22H00	22H00	22H00	22H00	18H00