

HORAIRE DES COURS

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **LUNDI** | **MARDI** | **MERCREDI** | **JEUDI** | **VENDREDI** | **SAMEDI** | **DIMANCHE** |
| **7:00** | 7h-8h  WOD |  | 7h-8h  WOD |  | 7h-8h  WOD |  |  |
| **8:00** | 8h-9h  WOD | 8h-9h  WOD | 8h-9h  WOD | 8h-9h  WOD | 8h-9h  WOD |  |  |
| **9:00** | 9h-10h  WOD | 9h-10h  WOD | 9h-10h  WOD | 9h-10h  WOD | 9h-10h  WOD | 9h-10h  TEAM WOD |  |
| **10:00** | 10h-11h  OPEN GYM | 10h-11h  OPEN GYM | 10h-11h  OPEN GYM | 10h-11h  OPEN GYM | 10h-11h  OPEN GYM | 10h-11h  TEAM WOD |  |
| **11:00** | 11h-12h  WOD | 11h-12h  WOD | 11h-12h  WOD | 11h-12h  WOD | 11h-12h  WOD | 11h-12h  TEAM WOD |  |
| **12:00** | 12h-13h  WOD | 12h-13h  WOD | 12h-13h  WOD | 12h-13h  WOD | 12h-13h  WOD |  |  |
| **13:00** |  |  |  |  |  |  |  |
| **14:00** |  |  |  |  |  |  |  |
| **14:30** |  |  |  |  |  |  |  |
| **15:30** | 15h30-16h30  WOD | 15h30-16h30  WOD | 15h30-16h30  WOD | 15h30-16h30  WOD | 15h30-16h30  WOD |  |  |
| **16:30** | 16h30-17h30  WOD | 16h30-17h30  WOD | 16h30-17h30  WOD | 16h30-17h30  WOD | 16h30-17h30  WOD |  |  |
| **17:30** | 17h30-18h30  WOD | 17h30-18h30  WOD | 17h30-18h30  WOD | 17h30-18h30  WOD | 17h30-18h30  WOD |  |  |
| **18:30** | 18h30-19h30  WOD | 18h30-19h30  WOD | 18h30-19h30  WOD | 18h30-19h30  WOD |  |  |  |
| **19:30** | 19h30-20h30  WOD | 19h30-20h30  WOD | 19h30-20h30  WOD | 19h30-20h30  WOD |  |  |  |