Planning CrossFit Histía

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	
09:30	WOD	WOD	WOD Compete	WOD Renfo 2PM	WOD TEAM	KIDS 5/8 ans	09:15
10:30	Free access	Free access	Free access	Free access	Free access	Hyrox Complete / KIDS 9/12 ans	10:00 / 10:45
						Teens 13/17 ans	11:00 / 12:00
12:30	WOD	WOD	Hyrox Engine	WOD Renfo 2PM	WOD TEAM		12:30
13:30							13:30
17:00	WOD / Free access	WOD / Free access	WOD Compete / Free access	WOD Renfo 2PM / Free access	WOD TEAM / Free access		17:00
18:00							18:00
18:15	WOD / Spé GYM	Hyrox Foundational / Free access	WOD Compete / Core Balance	WOD Renfo 2PM / Free access	WOD TEAM / Free access		18:15
19:15							19:15
19:30	WOD / Free access	WOD / Core Balance	WOD Compete / Spé GYM	WOD Renfo 2PM / Free access	WOD TEAM / Free access		19:30
20:30							20:30