Planning CrossFit Histía

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	
09:30	WOD	WOD	WOD Compete	Renfo 2PM	WOD Team	KIDS 5/8 ans	09:15
	Free access	Free access	Free access	Free access	Free access	HYROX	09:45
10:30	Free access	Free access	Free access	Free access	Free access	KIDS 9/12 ans	10:00
							10:45
						CORE Balance	11:00
						TEENS 13/17 ans	12:00
12:30	WOD	WOD	HYROX	Renfo 2PM	WOD Team		12:30
	Free access	Free access	Free access	Free access	Free access		
13:30							13:30
17:00	WOD	WOD	WOD Compete	Renfo 2PM	WOD Team		17:00
	Free access	Free access	Free access	Free access	Free access		
18:00							18:00
18:15	WOD	WOD	WOD Compete	Renfo 2PM	WOD Team		18:15
	GYM	HYROX	HYROX	STRENGTH	HYROX		
19:15							19:15
19:30	WOD	WOD	WOD Compete	Renfo 2PM	WOD Team		19:30
	HYROX	CORE Balance	GYM	Free access	Free access		
20:30							20:30