

Planning CrossFit Histía

	Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi							
09:30	WOD	Free access	WOD	Free access	WOD Compete	Free access	Renfo 2PM	Free access	WOD Team	Free access	WOD	HYROX	09:15					
10:30													09:45					
	Free access		Free access		Free access		Free access		TEENS 13/17 ans		CORE Balance	10:00						
												10:45						
												11:00						
												12:00						
12:30	WOD	Free access	WOD	Free access	HYROX	Free access	Renfo 2PM	Free access	WOD Team	Free access			12:30					
13:30													13:30					
					KIDS 5/8 ans - 14h15													
					KIDS 9/12 ans - 15h15													
17:00	WOD	Free access	WOD	Free access	WOD Compete	Free access	Renfo 2PM	Free access	WOD Team	Free access			17:00					
18:00													18:00					
18:15	WOD	GYM	WOD	HYROX	WOD Compete	HYROX	FORCE	Renfo 2PM	WOD Team	Free access			18:15					
19:15													19:15					
19:30	WOD	HYROX	WOD	CORE Balance	WOD Compete	GYM	Renfo 2PM	Free access	WOD Team	Free access			19:30					
20:30													20:30					