



# PLANNING 2025-2026

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI		SAMEDI
9H30-10h30	WOD	WOD	WOD	OPEN GYM	WOD	9H30-10h30	FBB
10h30-12h30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	10h30-11h30	ENDUROX
12h30-13h30	WOD	WOD	WOD	OPEN GYM	WOD	11h30-12h30	TEENS
13h30-15h	FERMÉ						
15h-17h	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
16h-17h		16h45 WOD	TEENS		16h45 WOD		
17h-18h	WOD	17h45 WOD	WOD	FBB	17h45 WOD		FERMÉ
18h15-19h15	HALTERO	18h45 WOD	GYM	WOD	18h45 WOD		
19h30-20h30	ENDUROX	19h45 WOD	WOD	WOD			