

PLANNING CrossFit ALTAÏS à partir du 1 er janvier 2024

| | LUNDI | | | | MARDI | | | | MERCREDI | | | | JEUDI | | | | VENDREDI | | | | SAMEDI | | | | DIMANCHE | | | | |
|-------------|-------|---------|-----|------|-------|---------|------|------|----------|---------|-----|------|-------|---------|------|------|----------|---|---|------|--------|---|---|------|----------|------|---|------|------|
| ZONE: | 1 | 2 | 3 | FREE | 1 | 2 | 3 | FREE | 1 | 2 | 3 | FREE | 1 | 2 | 3 | FREE | 1 | 2 | 3 | FREE | 1 | 2 | 3 | FREE | 1 | 2 | 3 | FREE | |
| 7H/8H | WOD | | | | WOD | | | | | | | | WOD | | | | | | | | | | | | | | | | |
| 9H/10H | WOD | | | | WOD | | | | WOD | | | | WOD | | | | WOD | | | | | | | | CARDIO | | | | |
| 10H/11h | | | | | | | | | | | | | | | | | | | | | | | | | TEAM | KIDS | | TEAM | FREE |
| 11H/12h | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12h15/13H15 | WOD | | | | WOD | | | | WOD | | | | WOD | | | | WOD | | | | | | | | | | | | |
| 16H/17H | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17H/18H | WOD | | | | WOD | | | | WOD | KIDS | | | WOD | | | | WOD | | | | | | | | | | | | |
| 18H/19H | WOD | HALTERO | MOB | | WOD | | | | WOD | TEENS | GYM | | WOD | CARDIO | YOGA | | WOD | | | | | | | | | | | | |
| 19H/20H | WOD | CARDIO | | | WOD | HALTERO | YOGA | | WOD | HALTERO | GYM | | WOD | HALTERO | GYM | | WOD | | | | | | | | | | | | |
| 20H/21H | WOD | | | | WOD | | | | WOD | | | | WOD | | | | WOD | | | | | | | | | | | | |

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