

PLANNING CROSS TRAINING

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
8H15	FUNCTIONNAL TRAINING				
9h15					
10H30	FUNCTIONNAL TRAINING	CROSSFHIIT	FUNCTIONNAL TRAINING	CROSSFHIIT	FUNCTIONNAL TRAINING
12H15	CROSSFHIIT	FUNCTIONNAL TRAINING	CROSSFHIIT	FUNCTIONNAL TRAINING	CROSSFHIIT
15H15	FUNCTIONNAL TRAINING	CROSSFHIIT	FUNCTIONNAL TRAINING	CROSSFHIIT	FUNCTIONNAL TRAINING
18H00	COACHTIME			COACHTIME	
18H30	CROSSFHIIT	FUNCTIONNAL TRAINING	CROSSFHIIT	FUNCTIONNAL TRAINING	CROSSFHIIT
19H15	FUNCTIONNAL TRAINING			CROSSFHIIT	

