



7h	8h	9h	10h	11h	12h	13h	14h00	15h00	16h	17h	18h	19h	20h	21h
15	15	15			15	15	15	15						

Lundi	WOD	WOD	OPEN GYM		WOD	WOD	OPEN GYM			Weight lifting	WOD	WOD	WOD
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Mardi	WOD	WOD	OPEN GYM		WOD	WOD	OPEN GYM			GYM	WOD	WOD	WOD
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Mercredi	WOD	WOD	OPEN GYM		WOD	WOD	OPEN GYM			WOD	WOD	OPEN GYM	
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Jeudi	WOD	WOD	OPEN GYM		WOD	WOD	OPEN GYM			Weight lifting	WOD	WOD	WOD
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Vendredi	WOD	WOD	OPEN GYM		WOD	WOD	OPEN GYM			WOD	WOD	WOD	OPEN GYM
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Samedi		CONDITIONNING	WOD	WOD	Weightlifting Initiation		WOD	Mobility	OPEN GYM			
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Dimanche			WOD	WOD	Initiation	OPEN GYM		WOD	OPEN GYM			
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