



CrossFit Grande Arche Station - Paris La Défense

Planning 2019

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | |
|-------|---------------------------|---------|---------------------------|---------|----------|---------|-------|
| 06:30 | | | | | | | 06:30 |
| 07:00 | WOD | | WOD | | WOD | | 07:00 |
| 07:30 | | WOD | | WOD | | | 07:30 |
| 08:00 | WOD | | WOD | | WOD | | 08:00 |
| 08:30 | | WOD | | WOD | | | 08:30 |
| 09:00 | WOD | | | | WOD | | 09:00 |
| 09:30 | | | OPENGYM | | | | 09:30 |
| 10:00 | | FOND | | FOND | | WOD 75' | 10:00 |
| 10:30 | OPENGYM | | OPENGYM | | OPENGYM | | 10:30 |
| 11:00 | | OPENGYM | | OPENGYM | | OG | 11:00 |
| 11:30 | OPENGYM | | OPENGYM | | OPENGYM | | 11:30 |
| 12:00 | | WOD 45' | | WOD 45' | | WOD 75' | 12:00 |
| 12:15 | WOD 45' | | WOD 45' | | WOD 45' | | 12:15 |
| 12:30 | | OG 45' | | OG 45' | | OG | 12:30 |
| 12:45 | OG 45' | | FOND | | FOND | | 12:45 |
| 13:00 | WOD 45' | | WOD 45' | | WOD 45' | | 13:00 |
| 13:30 | | WOD 45' | | WOD 45' | | | 13:30 |
| 13:45 | | OG 45' | | OG 45' | | | 13:45 |
| 14:00 | OPENGYM | | OPENGYM | | OPENGYM | | 14:00 |
| 15:00 | OPENGYM | OPENGYM | OPENGYM | OPENGYM | OPENGYM | | 15:00 |
| 16:00 | OPENGYM | OPENGYM | OPENGYM | OPENGYM | OPENGYM | | 16:00 |
| 17:00 | | | | | | | 17:00 |
| 17:30 | | OPENGYM | | OPENGYM | | | 17:30 |
| 18:00 | WOD | | WOD | | WOD | | 18:00 |
| 18:30 | | WOD | | WOD | | | 18:30 |
| 19:00 | WOD | FOND | WOD | | WOD | | 19:00 |
| 19:30 | | OG | OG | | OG | | 19:30 |
| 20:00 | WOD | | WOD | | WOD | | 20:00 |
| 20:30 | | WOD | | WOD | | | 20:30 |
| 21:00 | WEIGHTLIFTING OPEN GYM | | WEIGHTLIFTING OPEN GYM | | | | 21:00 |
| 21:30 | | | | | | | 21:30 |