PLANNING MAI

Colonne1	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Lundi	Cross Training 7h (60')	Cross Training 8h				Cardio Training 12h (60')	Cross Training 13h (60')					Kettlebell Sport 17h30 (60')	Cross Training 18h30 (60')	Cross Trainii 19h30 (60'
		(55)				Open mat 12h	()					HIIT Combat	Open mat 19h	
						(2h)						17h30 (45')	(2h)	
Mardi		Cross Training 8h				HIIT Combat	Cross Training					HIIT Combat	Cardio Training	
	7h (60')	(60')				13h00 (45') Open mat 12h	13h (60')					17h30 (45')	18h30 (60')	17h30 (60')
						(2h)								
Mercredi	Cross Training 7h (60')	Cross Training 8h				Cross Training 12h (60')	HIIT Combat 13h00 (45')					Cross Training 17h30 (60')	Cross Training 18h30 (60')	Cardio Traini 19h30 (60'
]										Jujitsu Brésilien 19h (2h)	
													1911 (211)	
Jeudi	Cross Training	Cross Training 8h				Cross Training	Cardio Training		1			Cross Training	Cross Training	Cross Trainir
Jeuar	7h (60')	(60')				12h (60') Open mat 12h	13h (60')					17h30 (60')	18h30 (60')	19h30 (60')
						(2h)	I							4
Vendredi	Cross Training 7h (60')	Cross Training 8h (60')				Cardio Training 12h (60')	HIIT Combat 13h00 (45')					Cross Training 17h30 (60')	Cross Training 18h30 (60')	HIIT Comba 19h30 (45')
						Open mat 12h (2h)						Open mat 17h30 (2h)		
						(===)						(=/		
Samedi				Cross Training										
			9h (60')	10h (60')										
				Cuasa Tuainina	Cross Training									
Dimanche				10h (60')	11h (60')									
				Open mat 10h (2h)										