



& CROSS TRAINING — PLANNING — & HYROX



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

12H30

CROSS
TRAINING

HYROX

CROSS
TRAINING

HYROX

CROSS
TRAINING

18H

CROSS
TRAINING

HYROX

CROSS
TRAINING

HYROX
FORCE

CROSS
TRAINING

19H

HYROX

CROSS
TRAINING

HYROX
FORCE

HYROX