

PLANNING 2026

CrossFit Littoral



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche		
Matin		09:00- 10:00 CrossFit	06:15- 07:00 HYROX		09:00- 10:00 CrossFit		10:00- 11:00 CrossFit		
				07:00- 08:00 HYROX	09:30- 10:30 HYROX	10:15- 11:15 CrossFit	11:00- 12:00 CrossFit		
Midi	12:15- 13:15 CrossFit	12:15- 13:15 CrossFit	12:15- 13:15 CrossFit	12:15- 13:15 Cross Fit	12:15- 13:15 CrossFit	11:15- 12:15 CrossFit	12:00- 13:00 HYROX		
Après-midi		12:15- 13:15 HYROX				Les cours HYROX se déroulent dans la Zone Evolution			
	16:30- 17:30 CrossFit	16:30- 17:30 CrossFit	15:00- 16:00 CrossAdo	16:30- 17:30 CrossFit	16:30- 17:30 CrossFit spécifique				
Soir	17:45-18:45 CrossFit		16:30- 17:30 CrossFit	16:30- 17:30 HYROX					
	19:00 - 20:00 HYROX	17:45- 18:45 CrossFit	17:45 - 18:45 HYROX	17:30- 18:30 CrossAdo	17:30- 18:30 CrossAdo				
	19:00 - 20:00 CrossFit	19:00- 20:00 CrossFit	17:45- 18:45 CrossFit	17:45- 18:45 CrossFit	17:45- 18:45 CrossFit				
			19:00- 20:00 CrossFit	19:00- 20:00 CrossFit spécifique					