



CrossFit Léman (Vich)

HORAIRES - REPRISE DU 19 AVRIL 2021

Heure / Time	Lundi <i>Monday</i>	Mardi <i>Tuesday</i>	Mercredi <i>Wednesday</i>	Jeudi <i>Thursday</i>	Vendredi <i>Friday</i>	Samedi <i>Saturday</i>	Dimanche <i>Sunday</i>
6:00	CrossFit 1hr Thyr		CrossFit 1hr Thyr				
7:00							
8:15	CrossFit 45min Adina	CrossFit 45min Olga	CrossFit 45min Junior	CrossFit 45min Adina	CrossFit 45min Olga		
9:00	CrossFit 1hr Adina	CrossFit 1hr Olga	CrossFit 1hr Junior	CrossFit 1hr Adina	CrossFit 1hr Olga	CrossFit 50min Adina/Junior	
10:00						CrossFit 50min Adina/Junior	CrossFit - Freestyle 50min Euan
11:00	CrossFit - Active 50min Adina		CrossFit - Active 50min Adina		CrossFit - Active 50min Olga	CrossFit 1hr Adina/Junior	CrossFit - Freestyle 1hr Euan
12:00	CrossFit 45min Junior	CrossFit 45min Olga	CrossFit 45min Junior	CrossFit 45min Adina	CrossFit 45min Olga		
12:45	CrossFit 45min Junior	CrossFit 45min Olga	CrossFit 45min Junior	CrossFit 45min Adina	CrossFit 45min Olga		
14:00			CrossFit - Teens and Co 1hr Adina				
15:00			CrossFit - Pre Teens 1hr Olga				
16:00			CrossFit - Kids 1hr Olga				
17:00	CrossFit 50min Olga	CrossFit 50min Euan	CrossFit 50min Olga	CrossFit 50min Junior	CrossFit 50min Euan		
18:00	CrossFit 50min Olga	CrossFit 50min Euan	CrossFit 50min Olga	CrossFit 50min Junior	CrossFit 50min Euan		
19:00	CrossFit 50min Olga	CrossFit - Barbell 50min Euan	CrossFit 50min Olga	CrossFit 50min Junior	CrossFit 50min Euan		
20:00	CrossFit 1hr Olga	CrossFit 1hr Euan	CrossFit 1hr Olga	CrossFit 1hr Junior			