

DIMANCHE

WOD 6 - DEAD OR ALIVE ?

8H30 - 11H27

HEAT 1 - 35-40	08:30
HEAT 2 - 35-40	08:45
HEAT 3 - 35-40	09:00
HEAT 1 - 40-45	09:15
HEAT 2 - 40-45	09:30
HEAT 3 - 40-45	09:45
HEAT 1 - 45-50	10:00
HEAT 2 - 45-50	10:15
HEAT 3 - 45-50	10:30
HEAT 1 - 50+	10:45
HEAT 2 - 50+	11:00
HEAT 3 - 50+	11:15

DIMANCHE

WOD 7 - TO BEER OR NOT TO BEER

10H15 - 12H58

HEAT 1 - 35-40	10:15
HEAT 2 - 35-40	10:29
HEAT 3 - 35-40	10:43
HEAT 1 - 40-45	10:57
HEAT 2 - 40-45	11:11
HEAT 3 - 40-45	11:25
HEAT 1 - 45-50	11:39
HEAT 2 - 45-50	11:53
HEAT 3 - 45-50	12:07
HEAT 1 - 50+	12:21
HEAT 2 - 50+	12:35
HEAT 3 - 50+	12:49

DIMANCHE

WOD 8 - ALL IN FOR THE GYM

13H30 - 15H39

HEAT 1 - 35-40

13:30

HEAT 2 - 35-40

13:41

HEAT 3 - 35-40

13:52

HEAT 1 - 40-45

14:03

HEAT 2 - 40-45

14:14

HEAT 3 - 40-45

14:25

HEAT 1 - 45-50

14:36

HEAT 2 - 45-50

14:47

HEAT 3 - 45-50

14:58

HEAT 1 - 50+

15:09

HEAT 2 - 50+

15:20

HEAT 3 - 50+

15:31