



KURSPLAN

(Stand: 01.04.22)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
					CrossFit 9:45-10:45	CrossFit 10:00-11:00
					CrossFit 11:00-12:00	CrossFit 11:15-12:15
CrossFit 12:00-13:00	CrossFit 12:00-13:00	CrossFit 12:00-13:00	CrossFit 12:00-13:00	CrossFit 12:00-13:00	Competition 12:15-13:15	Competition 12:30-13:30
CrossFit Kids (ab 8) 15:45-16:30		CrossFit Kids (3-7) 16:45-17:30		CrossFit 15:45-16:45		
CrossFit Kids (3-7) 16:45-17:30	CrossFit 16:45-17:45	CrossFit Kids (ab 8) 16:45-17:30		CrossFit 17:00-18:00		
CrossFit 18:00-19:00	CrossFit 18:00-19:00	Weightlifting 18:00-19:00	CrossFit 18:00-19:00	Yoga 18:30-19:45 <small>1x wtl.</small>		
Functional Training 19:15-20:15	CrossFit 19:15-20:15	CrossFit 19:15-20:15	CrossFit 19:15-20:15			
		CrossFit 20:30-21:30	CrossFit 20:30-21:30			