



KURSPLAN

(Stand: 20.09.23)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
CrossFit 6:30-7:30		CrossFit 6:30-7:30		CrossFit 6:30-7:30	CrossFit 8:45-9:45	CrossFit 8:45-9:45
CrossFit 8:00-9:00		CrossFit 8:00-9:00		CrossFit 8:00-9:00	CrossFit 10:00-11:00	CrossFit 10:00-11:00
		Mom + Kids 10:30-11:30		Mom + Kids 10:30-11:30	CrossFit 11:15-12:15	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 12:30-13:30	Competition 12:30-13:30
Mom + Kids 15:30-16:30				CrossFit 15:45-16:45		
CrossFit 16:45-17:45	CrossFit 16:45-17:45	CrossFit 16:45-17:45	CrossFit 16:45-17:45	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			
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	CrossFit 20:30-21:30			