



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 |
| | | | | 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 | Weightlifting 18:15-19:15 | | |
| 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 | | | |