

Stundenplan



Gültig ab 1.2.2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00							
06:30							
07:00							
07:30				CF			
08:00							
08:30						CF	
09:00							
09:30							
10:00				Open Gym		WL-Comp	Open Gym
10:30							
11:00							
11:30							
12:00							
12:30							
13:00				Open Gym			
13:30							
14:00							
14:30							
15:00				Open Gym			
15:30							
16:00							
16:30							
17:00			Gymnastics	CF	Kids		Open Gym
17:30							
18:00	CF	Weightlifting	CF	Weightlifting	Pampers & Bodyweight		CF
18:30							
19:00	Intro	CF	Intro	CF	Intro		
19:30							
20:00	CF	WL-Comp	CF	Kroftlaggl	CF		
20:30		Open Gym					
21:00							