

STUNDENPLAN

gültig ab 01-02-2020

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
18.00 - 19.00 CF	18.00 - 19.00 WL	07.30 - 08.30 CF	07.30 - 08.30 CF	16.00 - 17.00 P & B	08.30 - 09.30 CF	15.00 - 17.00 OPEN GYM
19.00 - 20.00 INTRO	19.00 - 20.00 CF	08.30 - 09.30 CF	08.30 - 09.30 CF	17.00 - 18.00 KIDS	10.00 - 11.30 WL - COMP	17.00 - 18.00 CF
20.00 - 21.00 CF	20.00 - 21.30 WL - COMP	09.30 - 11.30 OPEN GYM	09.30 - 11.30 OPEN GYM	18.00 - 19.00 P & B	10.00 - 11.30 OPEN GYM	18.00 - 19.00 CF
	20.00 - 21.30 OPEN GYM	13.00 - 17.00 OPEN GYM	13.00 - 17.00 OPEN GYM	19.00 - 20.00 INTRO		
		17.00 - 18.00 GYMN	17.00 - 18.00 CF	20.00 - 22.00 CF - COMP		
		18.00 - 19.00 CF	18.00 - 19.00 WL			
		19.00 - 20.00 INTRO	19.00 - 20.00 CF			
		20.00 - 21.00 CF	20.00 - 21.00 KL			

CF	CrossFit
OG	Open Gym
INTRO	CrossFit Stunden für Beginner
KIDS	Kids Training
KL	Kroftlaggl
WL	Weightlifting
GYMN	Gymnastic
P & B	Pampers & Bodyweight
WL-CO	Weightlifting - Competition
CF-CO	CrossFit - Competition

