

# STUNDENPLAN

gültig ab 01-07-2020

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
18.00 - 19.00 CF	17.00 - 18.00 MOBILITY	06.00 - 07.00 CF	07.30 - 08.30 CF	15.00 - 16.00 KIDS	08.30 - 09.30 CF	15.00 - 17.00 OPEN GYM	
19.00 - 20.00 INTRO	18.00 - 19.00 WL	07.30 - 08.30 CF	08.30 - 09.30 CF	16.00 - 17.00 P & B	10.00 - 11.30 10.00 - 11.30 WL - COMP   OPEN GYM	17.00 - 18.00 CF	
20.00 - 21.00 CF	19.00 - 20.00 CF	08.30 - 09.30 CF	09.30 - 12.00 OPEN GYM	17.00 - 18.00 KIDS		18.00 - 19.00 CF	
	20.00 - 21.30 WL - COMP	20.00 - 21.30 OPEN GYM	09.30 - 12.00 OPEN GYM	13.00 - 17.00 OPEN GYM	18.00 - 19.00 P & B		
CF	CrossFit		13.00 - 17.00 OPEN GYM	17.00 - 18.00 CF	19.00 - 20.00 INTRO		
MOBI	Mobility						
OG	Open Gym		17.00 - 18.00 GYMN	18.00 - 19.00 WL	20.00 - 22.00 CF - COMP		
INTRO	CrossFit Stunden für Beginner						
KIDS	Kids Training		18.00 - 19.00 CF	19.00 - 20.00 CF			
KL	Kroftlaggl						
WL	Weightlifting		19.00 - 20.00 INTRO	20.00 - 21.00 KL			
GYMN	Gymnastic						
P & B	Pampers & Bodyweight						
WL-CO	Weightlifting - Competition		20.00 - 21.00 CF				
CF-CO	CrossFit - Competition						



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