

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	18.00 - 19.00 CF 1	17.00 - 18.00 MOBI 1	06.00 - 07.00 CF 1	07.15 - 12.15 OPEN GYM 3	15.00 - 16.00 KIDS 1	08.00 - 09.00 CF 1	15.00 - 17.00 OPEN GYM 1
	18.15 - 20.15 OPEN GYM 3	17.15 - 21.15 OPEN GYM 3	06.15 - 12.15 OPEN GYM 3	07.30 - 08.30 CF 1	15.30 - 16.30 P & B 2	08.15 - 11.15 OPEN GYM 3	15.15 - 18.15 OPEN GYM 3
	18.30 - 19.30 CF 2	17.30 - 18.30 CF 2	06.30 - 07.30 OPEN GYM 2	08.00 - 12.00 OPEN GYM 2	16.30 - 17.30 P & B 2	08.30 - 9.30 OPEN GYM 2	15.30 - 17.30 OPEN GYM 2
	19.00 - 20.00 INTRO 1	18.00 - 19.00 WL 1	07.30 - 08.30 CF 1	08.30 - 09.30 CF 1	17.00 - 18.00 KIDS 1	09.00 - 10.00 CF 1	17.00 - 18.00 CF 1
	19.30 - 20.30 CF 2	18.30 - 19.30 CF 2	08.00 - 12.00 OPEN GYM 2	09.30 - 11.30 OPEN GYM 1	17.30 - 18.30 P & B 2	10.00 - 11.30 WL-CO 1,2	18.00 - 19.00 CF 1
	20.00 - 21.00 CF 1	19.00 - 20.00 WL 1	08.30 - 09.30 CF 1	13.15 - 20.15 OPEN GYM 3	18.00 - 19.00 P & B 1		
	20.30 - 21.30 CF 2	20.00 - 21.30 WL-CO 1,2	9.30 - 11.30 OPEN GYM 1	13.30 - 17.30 OPEN GYM 2	18.15 - 21.15 OPEN GYM 3		
			13.15 - 20.15 OPEN GYM 3	14.00 - 17.00 OPEN GYM 1	18.30 - 19.30 P & B 2		
CF	CrossFit		13.30 - 18.30 OPEN GYM 2	17.00 - 18.00 CF 1	19.00 - 20.00 INTRO 1		
MOBI	Mobility		14.00 - 17.00 OPEN GYM 1	17.30 - 18.30 CF 2	20.00 - 21.30 CF-CO 1		
INTRO	CrossFit Stunden für Beginner		17.00 - 18.00 GYMN 1	18.00 - 19.00 WL 1			
KIDS	Kids Training		18.00 - 19.00 GYMN 1	18.30 - 19.30 CF 2			
KL	Kroftlaggl		18.30 - 19.30 INTRO 2	19.00 - 20.00 WL 1			
WL	Weightlifting		19.00 - 20.00 CF 1	19.30 - 20.30 KL 2			
GYMN	Gymnastic		19.30 - 20.30 CF 2				
P & B	Pampers & Bodyweight						
WL-CO	Weightlifting - Competition						
CF-CO	CrossFit - Competition						



CORONA STUNDENPLAN

gültig ab 24.10.2020

Erklärung: Die Zahlen hinter den Stunden kennzeichnen den zugeordneten Trainingsbereich.

ACHTUNG! Nur der gebuchte Trainingsbereich darf genutzt werden.

