

KURSPLAN

gültig ab 19.05.2021

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
06:00 - 07:00 CROSSFIT	17:00- 18.00 MOBILITY	06:00 - 07:00 CROSSFIT	06:00 - 07:00 CROSSFIT	15:00 - 16:00 KIDS	08.30 - 09.30 CROSSFIT	15.00 - 17.00 OPEN GYM
08.30 - 9.30 CROSSFIT	18.00- 19.00 WEIGHTLIFTING	08.30 - 9.30 CROSSFIT	08.30 - 9.30 CROSSFIT	16.00 - 17.00 P & B	09.30 - 12.00 OPEN GYM	17.00 - 18.00 CROSSFIT
09.30 - 12.00 OPEN GYM	19.00- 20.00 CROSSFIT	09.30 - 12.00 OPEN GYM	09.30 - 12.00 OPEN GYM	17.00 - 18.00 KIDS	10.00 - 12.00 WL - COMP	18.00 - 19.00 CROSSFIT
13.00 - 16.00 OPEN GYM	20.00- 21.30 WL - COMP	10.00 - 11.00 MASTERS	13.00 - 17.00 OPEN GYM	18.00 - 19.00 P & B		
16.00 - 17.00 KIDS	20.00- 21.30 OPEN GYM	13.00 - 17.00 OPEN GYM	17.00 - 18.00 CROSSFIT	19.00 - 20.00 INTRO		
17.00 - 18.00 CROSSFIT		17.00 - 18.00 CROSSFIT	18.00 - 19.00 WEIGHTLIFTING	20.00 - 21.30 CF - COMP		
18.00 - 19.00 CROSSFIT		18.00 - 19.00 GYMNASTICS	19.00 - 20.00 CROSSFIT	CROSSFIT CrossFit Allgemein	CF-CO CrossFit - Competition	
19.00 - 20.00 INTRO		19.00 - 20.00 INTRO	20.00 - 21.00 KROFTLAGGL	INTRO CrossFit für Beginner	MASTERS Training für Personen 60+	
20.00 - 21.00 CROSSFIT		20.00 - 21.00 CROSSFIT		KIDS Kids Training	OPEN - GYM Trainiere wie & was du willst	
				WEIGHTLIFTING Olymp. Gewichtheben	MOBILTY Mobilisieren & Dehnen	
				GYMNASTICS Gymnastik, Turnen	KL Do wird's schwarz	
				WL-CO WL - Competition	P & B Pampers & Bodyweight	

