

KURSPLAN

– gültig ab 20.07.2021 –

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
10.00 - 11.00 MASTERS	20.00- 21.30 WL - COMP	13.00 - 17.00 OPEN GYM	10.00 - 11.00 MASTERS	18.00 - 19.00 P & B		
13.00 - 16.00 OPEN GYM	20.00- 21.30 OPEN GYM	17.00 - 18.00 CROSSFIT	13.00 - 17.00 OPEN GYM	19.00 - 20.00 INTRO		
16.00 - 17.00 KIDS		18.00 - 19.00 GYMNASTICS	17.00 - 18.00 CROSSFIT	20.00 - 21.30 CF - COMP		
17.00 - 18.00 CROSSFIT		19.00 - 20.00 INTRO	18.00 - 19.00 WEIGHTLIFTING			
18.00 - 19.00 CROSSFIT		20.00 - 21.00 CROSSFIT	19.00 - 20.00 CROSSFIT			
19.00 - 20.00 INTRO			20.00 - 21.00 KROFTLAGGL			
20.00 - 21.00 CROSSFIT						



CROSSFIT	CrossFit Allgemein
INTRO	CrossFit für Beginner
KIDS	Kids Training
WEIGHTLIFTING	Olymp. Gewichtheben
GYMNASTICS	Gymnastik, Turnen
WL-CO	WL - Competition

CF-CO	CrossFit - Competition
MASTERS	Training für Personen 60+
OPEN - GYM	Trainiere wie & was du willst
MOBILITY	Mobilisieren & Dehnen
KL	Do wird's schwar
P & B	Pampers & Bodyweight