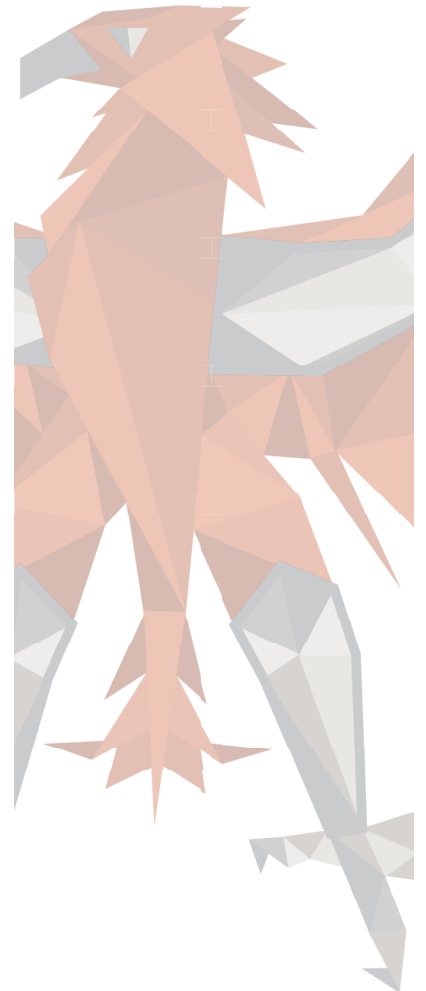


KURSPLAN

gültig ab 26.05.2022

| 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 KROFTLAGGL* | | |
| 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 CROSSFIT* | 18.00 - 19.00 WEIGHTLIFTING | | | |
| 18.00 - 19.00 CROSSFIT | | 20.00 - 21.00 CROSSFIT | 19.00 - 20.00 CROSSFIT | | | |
| 19.00 - 20.00 GYMNASTICS* | | | 20.00 - 21.00 MOBILITY | | | |
| 20.00 - 21.00 CROSSFIT | | | | | | |



| | | | |
|----------------------|------------------------|-------------------|-------------------------------|
| CROSSFIT | CrossFit Allgemein | P & B | Pampers & Bodyweight |
| KIDS | Kids Training | MASTERS | Training für Personen 60+ |
| WEIGHTLIFTING | Olymp. Gewichtheben | OPEN - GYM | Trainiere wie & was du willst |
| GYMNASTICS | Gymnastik, Turnen | MOBILITY | Mobilisieren & Dehnen |
| WL-COMP | WL - Competition | KL | Do wird's schwarz |
| CF-COMP | CrossFit - Competition | * | Entfällt, bei On Ramp Kurs |

* Diese Stunden entfallen, wenn ON RAMP Kurse stattfinden.