

KURSPLAN

gültig ab 16.01.2023

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	16.00 - 17.00 P & B	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	17.00 - 18.00 KIDS	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	18.00 - 19.00 P & B	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	19.00 - 20.00 CF - HERO*		
13.00 - 16.00 OPEN GYM	20.00- 21.30 OPEN GYM	17.00 - 18.00 CROSSFIT	13.00 - 17.00 OPEN GYM	20.00 - 21.30 CF - COMP		
16.00 - 17.00 KIDS		18.00 - 19.00 GYMNASTICS	17.00 - 18.00 CROSSFIT			
17.00 - 18.00 CROSSFIT		19.00 - 20.30 ENDURANCE*	18.00 - 19.00 WEIGHTLIFTING			
18.00 - 19.00 CROSSFIT			19.00 - 20.00 CROSSFIT			
19.00 - 20.00 GYMNASTICS*			20.00 - 21.00 MOBILITY			
20.00 - 21.00 CROSSFIT						



CROSSFIT	CrossFit Allgemein	CF-COMP	CrossFit - Competition
WL - CO	Oly. Gewichtheben - Competition	MASTERS	Training für Personen 60+
KIDS	Kids Training	OPEN - GYM	Trainiere wie & was du willst
WEIGHTLIFTING	Olympisches Gewichtheben	MOBILITY	Mobilisieren & Dehnen
GYMNASTICS	Gymnastik, Turnen	HERO	CrossFit Hero Workouts
ENDURANCE	Ausdauer WOD im Hyrox-Style	P & B	Pampers & Bodyweight

* Diese Stunden entfallen, wenn ON RAMP Kurs stattfindet.