



MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

06:30 - 07:30

CROSSFIT

CROSSFIT

YOGA

CROSSFIT

07:30 - 09:00

09:00 - 10:00

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

10:00 - 11:00

CROSSFIT

11:00 - 12:00

CROSSFIT

12:00 - 13:00

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

BOOTY CLASS

13:00 - 14:00

BOOTY CLASS

CF HYROX

CF HYROX

CF HYROX

CROSSFIT

14:00 - 15:00

15:00 - 16:00

16:00 - 17:00

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

16:30 - 17:30

17:00 - 18:00

CROSSFIT

CF GYMNASTICS

OLYMPIC
WEIGHTLIFTING

CROSSFIT

CROSSFIT

17:30 - 18:30

CROSSFIT

CROSSFIT

18:00 - 19:00

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

18:30 - 19:30

CROSSFIT

CROSSFIT

19:00 - 20:00

CROSSFIT

CROSSFIT

CROSSFIT

CROSSFIT

COMPETITION
CLASS

19:30 - 20:30

20:00 - 21:00

CROSSFIT

CROSSFIT

CROSSFIT

CF GYMNASTICS