

STUNDENPLAN

**CROSSFIT
BERN
VIDMAR**

	MONTAG	DIENTAG	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	HYROX	HYROX	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	GYMNASTICS	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	COMPCLASS	
19:30–20:30						
20:00–21:00	CROSSFIT	CROSSFIT	CROSSFIT	GYMNASTICS		