

STUNDENPLAN

CROSSFIT
BERN
WYLER

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		
06:00–07:00	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT				
07:00–08:00	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT				
08:00–09:00													
09:00–10:00	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT	WEIGHTLIFTING	KIDS
10:00–11:00											CROSSFIT	WEIGHTLIFTING	KIDS
11:00–12:00	CROSSFIT MASTERS										CROSSFIT	SKILL'N'WOD	
12:00–13:00	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT	STRONGHUMAN WOD	
13:00–14:00	CROSSFIT		HYROX		CROSSFIT		HYROX		CROSSFIT				
14:00–15:00													
15:00–16:00													
16:00–17:00	SKILL'N'WOD				SKILL'N'WOD								
16:30–17:30	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT				
17:00–18:00	GYMNASTICS	CROSSFIT	WEIGHTLIFTING	CROSSFIT	GYMNASTICS	CROSSFIT	BOOTY CLASS	CROSSFIT	CROSSFIT				
17:30–18:30	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT				
18:00–19:00	GYMNASTICS	CROSSFIT	WEIGHTLIFTING	CROSSFIT	GYMNASTICS	CROSSFIT	BOOTY CLASS	CROSSFIT					
18:30–19:30	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT				
19:00–20:00	COMPCLASS	CROSSFIT	HYROX	CROSSFIT	COMPCLASS	HYROX	HYROX						
19:30–20:30	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT				