

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
				06:45 – 07:45 CF WOD		
08:00 – 09:00 CF WOD	08:00 – 09:00 CF WOD	07:30 – 09:00 OPEN GYM	08:00 – 09:00 CF WOD	08:00 – 09:00 OPEN GYM	09:00 – 10:30 COMPETITION	
09:15 – 10:15 SKILL / OPEN GYM	09:15 – 13:00 OPEN GYM	09:15 – 10:15 GYMNASTICS		09:15 – 10:15 OPEN GYM / ENDURANCE		
		10:30 – 11:30 OPEN GYM		10:30 – 11:30 OPEN GYM	10:30 – 11:30 KETTLEBELL WOD/CF WOD	10:00 – 11:30 TEAM CF WOD
					11:45 – 12:45 CF WOD	11:45 – 12:45 MOBILITY
14:45 – 15:45 OPEN GYM / BASIC		14:45 – 15:45 OPEN GYM		14:45 – 15:45 KINDERSPORT / OPEN GYM		
16:00 – 17:00 ENDURANCE / OG	16:00 – 17:00 CF WOD	16:00 – 17:00 SKILL / OPEN GYM	16:00 – 17:00 CF WOD	16:00 – 17:00 CF WOD		
17:15 – 18:15 CF WOD / OG	17:15 – 18:15 PILATES / OG	17:15 – 18:15 CF PARTNER WOD / KETTLEBELL	17:15 – 18:15 CF- WOD / MOBILITY/OG	17:15 – 18:15 GYMNASTICS / OG		
18:30 – 19:30 CF WOD / OG	18:30 – 19:30 CF-WOD	18:30 – 19:30 CF PARTNER WOD / OG	18:30 – 19:30 ENDURANCE/ OG	18:30 – 19:30 GEWICHTHEBEN / OG		
	18:30 – 20:00 GEWICHTHEBEN	18:30 – 20:00 COMPETITION				