

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06:30	Offen / Open-Box: 06:15 - 12.00		Offen / Open-Box: 06:15 - 12.00		Offen / Open-Box: 06:15 - 12.00		Offen / Open-Box: 06:15 - 12.00	
07:00	06:30 - 07:30 <b>CrossFit</b>	06:30 - 07:30 <b>CrossFit Endurance</b>	06:30 - 07:30 <b>CrossFit</b>	06:30 - 07:30 <b>CrossFit</b>	06:30 - 07:30 <b>CrossFit</b>	06:30 - 07:30 <b>CrossFit</b>	06:30 - 07:30 <b>CrossFit Endurance</b>	
07:30								
08:00		07:45 - 08:45 <b>CrossFit Endurance</b>		07:45 - 08:45 <b>CrossFit Endurance</b>		07:45 - 08:45 <b>CrossFit Endurance</b>		
08:30						Offen / Open-Box: 08:30 - 13.00		
09:00							Offen: 08:30 - 13.00	
09:30	09:00 - 10:00 <b>CrossFit</b>	09:00 - 10:00 <b>CrossFit Endurance</b>	09:00 - 10:00 <b>CrossFit</b>	09:00 - 10:00 <b>CrossFit Endurance</b>	09:00 - 10:00 <b>RückenFit +Mobility</b>	09:00 - 10:00 <b>CrossFit</b>	09:00 - 10:00 <b>CrossFit Endurance</b>	
10:00		09:00 - 10:00 <b>Functional Training</b>	09:00 - 10:00 <b>Functional Training</b>	09:00 - 10:00 <b>Functional Training</b>		09:00 - 10:00 <b>Functional Training</b>	09:00 - 10:00 <b>TEAM CrossFit</b>	
10:30		10:10 - 11:10 <b>Functional Training</b>	10:10 - 11:10 <b>Functional Training</b>	10:10 - 11:10 <b>Functional Training</b>	10:10 - 11:10 <b>Functional Training</b>	10:10 - 11:10 <b>Functional Training</b>	10:10 - 11:10 <b>Functional Training</b>	
11:00		10:10 - 11:10 <b>RückenFit +Mobility</b>	10:10 - 11:10 <b>MamaFit mit Baby</b>			10:15 - 11:15 <b>CrossFit</b>	10:15 - 11:15 <b>GorillaAthletics Open-Box</b>	
11:30							10:15 - 11:15 <b>TEAM CrossFit</b>	
12:00						11:30 - 12:30 <b>RückenFit +Mobility</b>	11:30 - 12:30 <b>TEAM CrossFit</b>	
12:30								
13:00								
13:30								
14:00	Offen / Open-Box: 14:00 - 21.00		Offen / Open-Box: 14:00 - 21.00		Offen / Open-Box: 13:30 - 20.00			
14:30					14:15 - 15:15 <b>CrossFit</b>			
15:00								
15:30	15:30 - 16:30 <b>CrossFit Endurance</b>	15:30 - 16:30 <b>CrossFit</b>	15:30 - 16:30 <b>CrossFit Endurance</b>		15:30 - 16:30 <b>CrossFit Endurance</b>	15:40 - 16:40 <b>Functional Training</b>		
16:00								
16:30								
17:00	16:45 - 17:45 <b>CrossFit</b>	16:45 - 17:45 <b>CrossFit</b>	16:45 - 17:45 <b>CrossFit</b>	16:45 - 17:45 <b>CrossFit</b>	16:45 - 17:45 <b>CrossFit</b>	17:00 - 18:00 <b>RückenFit +Mobility</b>		
17:30	17:00 - 18:00 <b>Functional Training</b>	17:00 - 18:00 <b>Functional Training</b>	17:00 - 18:00 <b>Functional Training</b>	17:00 - 18:00 <b>Functional Training</b>	17:00 - 18:00 <b>Functional Training</b>			
18:00	18:00 - 19:00 <b>CrossFit</b>	18:00 - 19:00 <b>GoldenGorilla CrossFit</b>	18:00 - 19:00 <b>CrossFit</b>	18:00 - 19:00 <b>CrossFit</b>	18:00 - 19:00 <b>CrossFit</b>	18:10 - 19:10 <b>SPECIAL KURS</b>		
18:30	18:10 - 19:10 <b>Pilates</b>	18:10 - 19:10 <b>Functional Training</b>	18:10 - 19:10 <b>Functional Training</b>	18:10 - 19:10 <b>Functional Training</b>	18:10 - 19:10 <b>Functional Training</b>			
19:00	19:15 - 20:15 <b>CrossFit</b>	19:15 - 20:15 <b>CrossFit</b>	19:15 - 20:15 <b>CrossFit</b>	19:15 - 20:15 <b>CrossFit Endurance</b>	19:15 - 20:15 <b>Pilates</b>			
19:30	19:20 - 20:20 <b>RückenFit +Mobility</b>	19:20 - 20:10 <b>Mobility +Stretch</b>	19:20 - 20:10 <b>Mobility +Stretch</b>	19:20 - 20:10 <b>Mobility +Stretch</b>	19:20 - 20:10 <b>Mobility +Stretch</b>			
20:00								
20:30								
21:00								