

Uhrzeit	Montag	Dienstag		Mittwoch		Donnerstag		Freitag	Samstag	Sonntag
00:00 - 06:00	Open Gym	Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	Open Gym
06:00 - 07:00	Open Gym	Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	Open Gym
07:00 - 08:00	Open Gym	Open Gym		Open Gym	HYROX	Open Gym	CrossFit	Open Gym	Open Gym	Open Gym
08:00 - 15:00	Open Gym	Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	Open Gym
15:00 - 16:00	Open Gym	Open Gym		Open Gym	CrossFit Kids	Open Gym		Open Gym	Open Gym	Open Gym
16:00 - 17:00	Open Gym	Open Gym		Open Gym	CrossFit Teens	Open Gym		Open Gym	Open Gym	Open Gym
17:30 - 18:30	Open Gym	Open Gym	CrossFit Masters 55+	Open Gym	HYROX	Lifting & Strength Training		HYROX	Open Gym	Open Gym
18:30 - 19:30	CrossFit	CrossFit		CrossFit		CrossFit		CrossFit Team WOD	Open Gym	Open Gym
19:30 - 20:30	Mobility	Lifting & Strength Training		Open Gym		CrossFit Intro			Open Gym	Open Gym
20:30 - 00:00	Open Gym	Open Gym		Open Gym		Open Gym		Open Gym	Open Gym	Open Gym

**mind. 2 Personen pro Kurs, ansonsten entfällt der Kurs*