

Uhr	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag									
	CrossFit Area	Open Gym Area	CrossFit Area	Open Gym Area	CrossFit Area	Open Gym Area	CrossFit Area	Open Gym Area	CrossFit Area	Open Gym Area	CrossFit Area	Open Gym Area	CrossFit Area	Open Gym Area								
06:00	CrossFit	Open Gym	Lunch Workout		CrossFit	Open Gym			CrossFit	Open Gym												
07:15	CrossFit				CrossFit				CrossFit						CrossFit							
08:15																						
09:00																			CrossFit	Open Gym		
10:00																			CrossFit			
11:00																			Animal Flow			
12:00													Skill Developm.	Open Gym Comp. Class								
13:00																						
14:00																						
15:00																						
16:00										CF Kids / Teens												
17:00	CrossFit	Open Gym Comp. Class	CrossFit	Comp. Class	CrossFit	Open Gym Comp. Class	CrossFit	Open Gym	CrossFit	Open Gym Comp. Class												
18:15	CrossFit		CrossFit		CrossFit	Animal Flow	Skill Developm.		CrossFit (female only)	CrossFit												
19:30	Animal Flow		Weight lifting			Animal Flow				CrossFit												

- CrossFit 10 Personen
60 min
- Open Gym /
Comp. Class
- Skill
Developm. 10 Personen
60 min
- Animal
Flow 10 Personen
60 min
- Weight
lifting 8 Personen
60 min