



STUNDENPLAN

CROSSFIT 3100

UHR	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
06:00	CrossFit		CrossFit		CrossFit	
07:00	CrossFit		CrossFit		CrossFit	
08:00	Fitness-Boxen*					
09:00						FundayCF
10:00						Open Box
11:00						Open Box
12:00		CrossFit		CrossFit		
15:00		Open Box		Open Box	Masters	
16:00		CrossFit		CrossFit	Mobility/OG	
17:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
18:00	CrossFit	Bodyweight	CrossFit	Olympic	CrossFit	
19:00	Basics	Open Box	Basics	Open Box	Basics	
20:00	Open Box		Open Box			