



Stundenplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:00					WOD		
06:15	Open Gym 06:00 - 07:30	Open Gym 06:00 - 07:30	Open Gym 06:00 - 07:30	Open Gym 06:00 - 07:30	06:00 - 07:00	Open Gym 06:00 - 07:30	Open Gym 06:00 - 07:30
06:30							
06:45							
07:00							
07:15							
07:30							
07:45	WOD 07:45 - 08:45	Open Gym 07:30 - 09:00	Endurance 07:45 - 08:45	Open Gym 07:30 - 09:00	Open Gym 07:30 - 09:00	Open Gym 07:30 - 09:00	Open Gym 07:30 - 09:00
08:00							
08:15							
08:30							
08:45							
09:00							
09:15	Open Gym 09:00 - 10:30	Open Gym 09:00 - 10:30	Open Gym 09:00 - 10:30	Open Gym 09:00 - 10:30	Open Gym 09:00 - 10:30	Mobility/Core 14tägig 09:30 - 10:30	Kettlebell 09:30 - 10:30
09:30							
09:45							
10:00							
10:15							
10:30	Open Gym 10:30 - 12:00	Open Gym 10:30 - 12:00	Open Gym 10:30 - 12:00	Open Gym 10:30 - 12:00	Open Gym 10:30 - 12:00	Aerobic Capacity 10:30 - 11:30	Weekend Challenge 10:30 -
10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
13:00							
13:15							
13:30							
13:45							
14:00	Open Gym 14:00 - 15:30	Open Gym 14:00 - 15:30	Open Gym 14:00 - 15:30	Open Gym 14:00 - 15:30	Open Gym 14:00 - 15:30	Open Gym 14:00 - 15:30	Open Gym 14:00 - 15:30
14:15							
14:30							
14:45							
15:00							
15:15							
15:30	Open Gym 15:30 - 17:00	Open Gym 15:30 - 17:00	Open Gym 15:30 - 17:00	Open Gym 15:30 - 17:00	Open Gym 15:30 - 17:00	Open Gym 15:30 - 17:00	Open Gym 15:30 - 17:00
15:45							
16:00							
16:15							
16:30							
16:45							
17:00							
17:15	WOD 17:30 - 18:30	WOD 17:30 - 18:30	Yoga 17:20 - 18:30	WOD 17:30 - 18:30	WOD 17:30 - 18:30	Open Gym 17:00 - 18:30	Open Gym 17:00 - 18:30
17:30							
17:45							
18:00							
18:15							
18:30	WOD 18:45 - 19:45	WOD 18:45 - 19:45	Endurance 18:45 - 19:45	Barbell Club 18:45 - 19:45	WOD 18:45 - 19:45	Open Gym 18:30 - 20:00	Open Gym 18:30 - 20:00
18:45							
19:00							
19:15							
19:30							
19:45							
20:00	WOD 20:00 - 21:00	WOD 20:00 - 21:00	Endurance 18:45 - 19:45	WOD 20:00 - 21:00			
20:15							
20:30							
20:45							
21:00							