



# Stundenplan

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

\* bei Bedarf