

## OUTDOOR TRAINING



UHRZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
08:00						
09:00						09:00 - 10:00 OLY
10:00						10:00 - 11:00 Team WOD
11:00						
12:00		12:15 - 13:15 CrossFit		12:15 - 13:15 CrossFit		
13:00						
14:00						
15:00						
16:00						
17:00						
18:00	17:30 - 18:30 CrossFit	17:30 - 18:30 CrossFit	17:30 - 18:30 CrossFit	17:30 - 18:30 CrossFit	17:30 - 18:30 CrossFit	
19:00	18:30 - 19:30 CrossFit	18:30 - 19:30 CrossFit	18:30 - 19:30 CrossFit	18:30 - 19:30 CrossFit	18:30 - 19:30 CrossFit	
20:00		19:45 - 20:45 CrossFit	19:45 - 20:45 CrossFit	19:45 - 20:45 CrossFit		

## KONTAKT

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