

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
14:00- 15:30						CrossFit Open Metcon
17:30- 18:30	Strength	CF-Masters		Basics & Team Card		
18:30- 19:30	Conditioning/ Technik WL/ Technik Gymnastics	CrossFit		CrossFit		
19:30-20:30	Strength	Basics & Team Card				