

MONTAG

NIKE AREA CROSSFIT AREA ARNOLD AREA

17.30 -
18.30
Hanstand

18.00 -
19.15
HYROX

19.15 -
20.00

Mobility

20.00 -
21.00
**Athletic
Boxing**

DIENSTAG

NIKE AREA CROSSFIT AREA ARNOLD AREA

17.45 -
19.00
HYROX

MITTWOCH

NIKE AREA CROSSFIT AREA ARNOLD AREA

17.45 -
18.45

CrossFit

18.45 -
20.00
HYROX

20.00 -
21.00

**Athletic
Boxing**

DONNERSTAG

NIKE AREA CROSSFIT AREA ARNOLD AREA

18.30 -
19.30

**Rumble
PRO**

19.15 -
20.30

**HYROX
PRO**

FREITAG

NIKE AREA CROSSFIT AREA ARNOLD AREA

17.45 -
19.00

**HYROX
PRO**

19.00 -
20.00

**Athletic
Boxing**

SAMSTAG

NIKE AREA CROSSFIT AREA ARNOLD AREA

10.00 -
11.00
CrossFit

SONNTAG

NIKE AREA CROSSFIT AREA ARNOLD AREA

11.15 -
12.30
**HYROX
PRO**



HYROX

CrossFit



HYROX

CrossFit