

DEIN KURSPLAN

	MO	DI	MI	DO	FR	SA	SO
07-08 ⁰⁰	WOD			WOD			
08-09 ⁰⁰	OPEN GYM			OPEN GYM			
09-10 ⁰⁰							
10-11 ⁰⁰							
11-12 ⁰⁰					OPEN GYM	OPEN GYM	
12-13 ⁰⁰							
13-14 ⁰⁰							
14-15 ⁰⁰							
15-16 ⁰⁰	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
16-17 ⁰⁰							
17-18 ⁰⁰		WOD	WOD				
18-19 ⁰⁰	WOD	WEIGHTLIFTING	BASICS	WOD	OPEN GYM	GYMNASTICS	
19-20 ⁰⁰	BASICS	GYMNASTICS	WEIGHTLIFTING	ATHLETICS		PUMP FRIDAY	
20-21 ⁰⁰	WOD	WOD	MOBILITY	WOD			