

DEIN KURSPLAN

	MO	DI	MI	DO	FR	SA	SO
07 ⁰⁰	WOD 7-8 ⁰⁰			WOD 7-8 ⁰⁰			
08 ⁰⁰	OPEN GYM 8-11 ⁰⁰			OPEN GYM 8-11 ⁰⁰			
09 ⁰⁰							
10 ⁰⁰							
11 ⁰⁰						OPEN GYM 10-15 ⁰⁰ COMMUNITY WOD 11-12 ⁰⁰	OPEN GYM 11-15 ⁰⁰
12 ⁰⁰							
13 ⁰⁰							
14 ⁰⁰							
15 ⁰⁰	OPEN GYM 15-18 ⁰⁰	OPEN GYM 15-17 ⁰⁰	OPEN GYM 15-17 ⁰⁰	OPEN GYM 15-17 ⁰⁰			
16 ⁰⁰					OPEN GYM 16-18 ⁰⁰		
17 ⁰⁰		WOD 17-18 ⁰⁰	GYMNASTICS 17-18 ⁰⁰	BASICS 17-18 ⁰⁰			
18 ⁰⁰	WOD 18-19 ⁰⁰	WEIGHTLIFTING 18-19 ⁰⁰	WOD 18-19 ⁰⁰	WOD 18-19 ⁰⁰	GYMNASTICS 18-19 ⁰⁰		
19 ⁰⁰	BASICS 19-20 ⁰⁰	GYMNASTICS 19-20 ⁰⁰	WEIGHTLIFTING 19-20 ⁰⁰	ATHLETICS 19-20 ⁰⁰	PUMP FRIDAY 19-20:30		
20 ⁰⁰	WOD 20-21 ⁰⁰	WOD 20-21 ⁰⁰	MOBILITY 20-21 ⁰⁰	WOD 20-21 ⁰⁰			