



# Stundenplan

|       | Montag                      | Dienstag                             | Mittwoch                       | Donnerstag                   | Freitag                          | Samstag                                        | Sonntag                                       |
|-------|-----------------------------|--------------------------------------|--------------------------------|------------------------------|----------------------------------|------------------------------------------------|-----------------------------------------------|
| 06:00 |                             |                                      | <b>WOD</b>                     |                              | <b>WOD</b>                       |                                                |                                               |
| 06:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 06:30 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 06:45 | <b>Open Gym</b>             | <b>Open Gym</b>                      | 06:00-07:00<br><b>Open Gym</b> | <b>Open Gym</b>              | 06:00-07:00<br><b>Open Gym</b>   | <b>Open Gym</b>                                | <b>Open Gym</b>                               |
| 07:00 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 07:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 07:30 |                             |                                      | 06:00-08:00                    |                              | 06:00-08:00                      |                                                |                                               |
| 07:45 | 06:00 - 08:00               | 06:00 - 08:00                        |                                | 06:00 - 08:00                | 06:00 - 08:00                    | 06:00 - 08:00                                  | 06:00 - 08:00                                 |
| 08:00 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 08:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 08:30 | <b>Open Gym</b>             | <b>Open Gym</b>                      | <b>Open Gym</b>                | <b>Open Gym</b>              | <b>Open Gym</b>                  | <b>Open Gym</b>                                | <b>Open Gym</b>                               |
| 08:45 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 09:00 |                             |                                      |                                |                              |                                  | 08:00 - 09:30                                  | 08:00 - 09:30                                 |
| 09:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 09:30 | 08:00 - 10:00               | 08:00 - 10:00                        | <b>Yoga</b>                    | 08:00 - 10:00                | <b>Yoga</b>                      | <b>Mobility</b><br>(14-tägig)<br>09:30 - 10:30 | <b>KB Comp</b><br>(14-tägig)<br>09:30 - 10:30 |
| 09:45 |                             |                                      |                                |                              |                                  |                                                | <b>Kettlebell</b>                             |
| 10:00 |                             |                                      | 09:30 - 10:30                  |                              | 09:30 - 10:30                    |                                                | 09:30 - 10:30                                 |
| 10:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 10:30 | <b>Open Gym</b>             | <b>Open Gym</b>                      | <b>Open Gym</b>                | <b>Open Gym</b>              | <b>Open Gym</b>                  | <b>Aerobic Capacity</b><br>10:30 - 11:30       | <b>Weekend Challenge</b><br>10:30 - 11:30     |
| 10:45 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 11:00 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 11:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 11:30 | 10:00 - 12:00               | 10:00 - 12:00                        | 10:00 - 12:00                  | 10:00 - 12:00                | 10:00 - 12:00                    |                                                |                                               |
| 11:45 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 12:00 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 12:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 12:30 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 12:45 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 13:00 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 13:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 13:30 | <b>Open Gym</b>             | <b>Open Gym</b>                      | <b>Open Gym</b>                | <b>Open Gym</b>              | <b>Open Gym</b>                  | <b>Open Gym</b>                                | <b>Open Gym</b>                               |
| 13:45 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 14:00 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 14:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 14:30 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 14:45 | 13:00 - 15:00               | 13:00 - 15:00                        | 13:00 - 15:00                  | 13:00 - 15:00                | 13:00 - 15:00                    | 13:00 - 15:00                                  | 13:00 - 15:00                                 |
| 15:00 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 15:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 15:30 | <b>Open Gym</b>             |                                      | <b>Open Gym</b>                | <b>Open Gym</b>              | <b>Open Gym</b>                  | <b>Open Gym</b>                                | <b>Open Gym</b>                               |
| 15:45 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 16:00 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 16:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 16:30 | 15:00 - 17:00               | <b>Yoga</b><br>16:30 - 17:30         | 15:00 - 17:00                  | 15:00 - 17:00                |                                  |                                                |                                               |
| 16:45 |                             |                                      |                                |                              | <b>WOD</b><br>16:45 - 17:45      |                                                |                                               |
| 17:00 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 17:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 17:30 | <b>WOD</b><br>17:30 - 18:30 | <b>Barbell Club</b><br>17:30 - 18:30 | <b>WOD</b><br>17:30 - 18:30    | <b>WOD</b><br>17:30 - 18:30  |                                  | <b>Open Gym</b>                                | <b>Open Gym</b>                               |
| 17:45 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 18:00 |                             |                                      |                                |                              | <b>WOD</b><br>18:00 - 19:00      |                                                |                                               |
| 18:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 18:30 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 18:45 | <b>WOD</b><br>18:45 - 19:45 | <b>WOD</b><br>18:45 - 19:45          | <b>WOD</b><br>18:45 - 19:45    | <b>WOD</b><br>18:45 - 19:45  |                                  | 17:00 - 19:00                                  | 17:00 - 19:00                                 |
| 19:00 |                             | <b>Yoga</b><br>18:30 - 19:45         |                                | <b>Yoga</b><br>18:00 - 19:15 |                                  |                                                |                                               |
| 19:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 19:30 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 19:45 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 20:00 | <b>WOD</b><br>20:00 - 21:00 | <b>WOD</b><br>20:00 - 21:00          | <b>WOD</b><br>20:00 - 21:00    | <b>WOD</b><br>20:00 - 21:00  | <b>Open Gym</b><br>19:00 - 21:00 | <b>Open Gym</b><br>19:00 - 21:00               | <b>Open Gym</b><br>19:00 - 21:00              |
| 20:15 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 20:30 |                             |                                      |                                |                              |                                  |                                                |                                               |
| 20:45 |                             |                                      |                                |                              |                                  |                                                |                                               |