






# KURSPLAN

# AB OKTOBER 23

| Montag                         | Dienstag  | Mittwoch  | Donnerstag                  | Freitag   | Samstag                 | Sonntag  |
|--------------------------------|---|---|-----------------------------|---|-------------------------|--|
| Earlybird Sweat<br>0600 - 0700 |  | Earlybird Sweat<br>0600 - 0700  | Noon Express<br>1145 - 1245 |  |                         |  |
| WOD<br>1145 - 1245             | Noon Express<br>1145 - 1245   |  | Endurance<br>1630 - 1730    |   | Team<br>1100 - 1200     |  |
| WOD<br>1730 - 1830             | Endurance<br>1730 - 1830  | WOD<br>1730 - 1830  | Endurance<br>1730 - 1830    |   | WOD<br>1145 - 1245      |  |
| WOD<br>1830 - 1930             | Endurance<br>1830 - 1930  | WOD<br>1830 - 1930  | Endurance<br>1830 - 1930    |   | Strength<br>1730 - 1830 |  |
| Strength<br>1930 - 2030        | RX+ Class<br>1930 - 2030  | Strength<br>1930 - 2030   | Endurance<br>1930 - 2030    |   | WOD<br>1830 - 1930      |  |