

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
HYROX 06:15 - 07:15 07:30 - 08:30 Andreas	HYROX 06:00 - 07:00 07:15 - 08:15 Jan	IKICOR x ZAPPES HYROX 07:15 - 08:15 Andreas	Strong Endurance 07:00 - 08:15 Franzi	HYROX 06:15 - 07:15 Freddy	HYROX 08:45 - 09:45 Freddy	MIXED WORKOUT 10:00 - 11:00 Julian
OPEN GYM 09:00 - 12:00	OPEN GYM 08:30 - 10:30	OPEN GYM 08:30 - 10:30	OPEN GYM 08:30 - 10:30	IKICOR x ZAPPES HYROX 07:30 - 08:30 Freddy	MIXED WORKOUT 10:00 - 11:00 Freddy	MOBILITY 11:15 - 12:00 Julian
	HYROX 10:45 - 11:45 Jan			S-E-M 10:45 - 11:45 Daniel	HYROX 10:45 - 11:45 Franzi	OPEN GYM 09:00 - 12:00
HYROX SIGNATURE 12:00 - 13:00 Andreas	HYROX SIGNATURE 12:00 - 13:00 Jan	STRONG BASE 12:00 - 13:00 Daniel	HYROX SIGNATURE 12:00 - 13:00 Franzi	HYROX SIGNATURE 12:00 - 13:00 Andreas	HYROX 12:30 - 13:30 Amalina	HYROX 13:30 - 14:30 Julian
OPEN GYM 13:00 - 16:00	OPEN GYM 13:00 - 16:00	OPEN GYM 13:00 - 16:00	OPEN GYM 13:00 - 16:00	OPEN GYM 13:00 - 16:00	HYROX 13:45 - 14:45 Amalina	OPEN GYM 15:00 - 19:00
HYROX x SOCIAL RUN 18:00 - 19:00 Jan	UPPER BODY STRENGTH 18:00 - 19:00 Andreas	SPEED WORKOUT 19:15 - 20:15 Freddy	UPPER BODY STRENGTH 18:00 - 19:00 Julian	FULL BODY STRENGTH 18:15 - 19:15 Franzi		
CALISTHENICS BEGINNER 19:15 - 20:30 Monique	LOWER BODY STRENGTH 19:15 - 20:15 Andreas	MOBILITY 20:30 - 21:15 Freddy	LOWER BODY STRENGTH 19:15 - 20:15 Julian	CALISTHENICS BEGINNER 19:30 - 20:30 Monique		
CALISTHENICS ALL LEVEL 20:30 - 21:45 Monique	HYROX 20:30 - 21:30 Andreas		HYROX x SOCIAL RUN 20:30 - 21:30 Julian	CALISTHENICS ALL LEVEL 20:30 - 21:30 Monique		

IKICOR