

ZEITRAUM	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
7:00 - 8:00	FUNCTIONAL <i>Morning</i>		FUNCTIONAL <i>Morning</i>		FUNCTIONAL <i>Morning</i>		
8:00 - 9:00	OPEN GYM		OPEN GYM		OPEN GYM		
10:00 - 11:00						FUNCTIONAL <i>Morning</i>	FUNCTIONAL <i>Morning</i>
11:00 - 12:00						OPEN GYM	MOBILITY
12:00 - 13:00	FUNCTIONAL <i>Midday</i>				FUNCTIONAL <i>Midday</i>		OPEN GYM
13:00 - 14:00	OPEN GYM				OPEN GYM		
16:00 - 17:00	FIT KIDS						
19:00 - 20:00	FUNCTIONAL <i>Evening</i>	FUNCTIONAL <i>Evening</i>	FUNCTIONAL <i>Evening</i>	FUNCTIONAL <i>Evening</i>	FUNCTIONAL <i>Evening</i>		
20:00 - 21:00	EXPLOSIVE STRENGTH	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
21:00 - 22:00	OPEN GYM						