

# STUNDENPLAN

Crossfit Triplex

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
06:00 CROSSFIT	17:00 CROSSFIT	06:00 CROSSFIT	17:30 CROSSFIT	06:00 CROSSFIT	09:15 CROSSFIT
12:15 CROSSFIT	18:00 CROSSFIT	12:15 CROSSFIT	18:30 WEIGHTLIFTING	12:15 HYROX	
17:00 CROSSFIT		17:30 CROSSFIT	18:30 POWERLIFTING	17:30 SKILL'N'WOD	
18:00 CROSSFIT		18:30 ENDURANCE			
19:00 HYROX					