

Schema WF CrossFit

HÖSTEN 2022

Tid	MÅN	TIS	ONS	TORS	FRE	LÖR	SÖN
06:00	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min		
09:15						CrossFit Par-WOD 60 min	CrossFit Standard 60 min
10:30						CrossFit Standard 60 min	CrossFit Par-WOD 60 min
11:30	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min		
16:00	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min		
17:00	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min		
18:00	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min	CrossFit Standard 60 min			