

Opening Hours	MO	TUE	WED	THU	FR	SA	SU
7-8	CrossFit	CrossFit	CrossFit	7.30 CrossFit	CrossFit		
8-9	CrossFit	CrossFit	CrossFit	8.30 CrossFitness	CrossFit		
9-10			BASIC CrossFit	9.30 CrossFit	CROSS YOGA		
10-11	CrossFit	CrossFit	CrossFit		CrossFit	BASIC CrossFit	
11-12						CrossFitness TEAMS OF 2	
12-13						CrossFit	Abs of STEEL
13-14						Open GYM	Team of 2 CrossFit
14-15			Open GYM		Open GYM		CrossFitness
16-17							
17-18	Crossfit	CrossFit	CrossFit	CrossFit	CrossFit		
18-19	CrossFitness TEAMS OF 2	CrossFitness	Abs of STEEL	HIIT CrossFit	CrossFitness		
19-20	CrossFit	CrossFit	CrossFitness TEAMS OF 2	CrossFitness	CrossFit		
20-21	BASIC CrossFit	Weightlifting	BASIC CrossFit	Weightlifting	BASIC CrossFit		

**CrossFitness:** No Olympic Lifting!, Body Weight only, High Fitness WOD and stress release.

**Basic CrossFit:** Basic CrossFit Movements with WOD at the end – Visible daily Online - for Beginners, free trials and Pros.

**Team WOD:** CrossFit partner WOD, in teams of 2, total group of 14 people. Fun & Community.

**CROSSFIT:** Licensed Original CrossFit WOD after international standards with max 10 people per class.

**Abs of Steel:** Personal Training character for quality time to crunch and work on your six pack and more.

**HIIT CrossFit:** ON/OFF INTERVAL Training, high endurance - can include weightlifting

**OPEN GYM :** CrossFitters use this to work on their weakest skill or do mobility program, a coach is present to ask details

**CrossYoga:** A mix of Yoga and Functional Training Elements

