

OUR CLASSES AT CFM

WWW.CROSSFITMITTE.DE

Opening Hours	MO	TUE	WED	THU	FR	SA	SU
7-8	CrossFit	CrossFit		CrossFit	CrossFit		
8-9	CrossFit	HIIT & Tabata	CrossFit	Fitness WOD	Abs of Steel		
9-10			Abs of Steel				
10-11			CrossFit	CrossFit	CrossFit	Fitness WOD	
11-12						Crossfit	
14-15						14.00-16.00 Open GYM	Abs of STEEL
15-16							Team of 2 CrossFit
16-17						BASIC SKILL	Fitness WOD
17-18	Crossfit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
18-19	Fitness WOD	Fitness WOD	CrossFit	HIIT & Tabatta	Fitness WOD		
19-20	CrossFit	Abs of Steel	Fitness WOD Teams of 2	Fitness WOD	CrossFit		
20-21	BASIC SKILL	CrossFit	BASIC SKILL	CrossFit			

FITNESS WOD: No Olympic Lifting!, Body Weight only, High Fitness WOD and stress release. Ideal for Beginners.

BASIC SKILL: 6 Themes to teach basic CrossFit movements as: Squat, Press, Gymnastic, Cardio, Weightlifting, Oly-Lifting

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 8 people per class.

ABS OF STEEL: Personal Training character for quality time to crunch and work on your six pack and more.

TABATTA: Endurance concept by Japan. Prof with 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

