

OUR CLASSES AT CFM

SIGN IN ONLINE AT WWW.CROSSFITMITTE.DE

Opening Hours	MO	TUE	WED	THU	FR	SA	SU
7-8	CrossFit	CrossFit		7.30 CrossFit	CrossFit		
8-9	CrossFit	HIIT CrossFit	CrossFit	8.30 CrossFitness	CrossFit		
9-10				9.30 CrossFit	Abs of STEEL		
10-11	CrossFit		CrossFit		CrossFit	BASIC CrossFit	
11-12						CrossFitness TEAMS OF 2	
12-13						CrossFit	Abs of STEEL
13-14						13.00-15.00 Open GYM	TEAM OF 2 CrossFit
14-15							CrossFitness
16-17					16.30 CrossFit		
17-18	Crossfit	CrossFit	CrossFit	CrossFit	17.30 CrossFitness		
18-19	CrossFitness TEAMS OF 2	CrossFitness	Abs of STEEL	HIIT CrossFit	18.30 BASIC CrossFit		
19-20	CrossFit	CrossFit	CrossFitness TEAMS OF 2	CrossFitness			
20-21	BASIC CrossFit	CrossFit	BASIC CrossFit	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 dailly Online - for Beginners, free trails 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 Trainig character for quality time to crunch and work on your six pack and more.

HIIT CROSSFIT: ON/OFF INTERVAL Training, high endurance - can include weightliting

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

