SCHEMA

CROSSFIT SKÖVDE

V 738 - 752

	Mån	Tis	Ons	Tor	Fre	Lör	Sön
05.00 - 06.00	Open gym	Open gym	Open gym	Open gym	Open gym		
06.00 - 07.00	Open gym	Open gym	Open gym	Open gym	Open gym		
07.00 - 08.00	Open gym	Open gym	Open gym	Open gym	Open gym		
08.00 - 09.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
09.00 - 10.00	WOD	WOD	WOD	WOD	WOD	YinYoga	Open gym
10.00 - 11.00	Open gym	Open gym	Open gym	Open gym	Open gym	Barbell S	Open gym
11.30 - 12.30	WOD	WOD	WOD	WOD	WOD	10.30-12.00	Open gym
12.00 - 13.00	Open gym	Open gym	Open gym	Open gym	Open gym	Lördags Mix	Open gym
13.00 - 14.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
14.00 - 15.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
15.30 - 16.30	Open gym	Open gym	Open gym	Open gym	WOD	Open gym	Open gym
16.30 - 17.30	WOD	WOD	WOD	WOD	BAS	Open gym	Team WOD 16.00
17.30 - 18.30	WOD+	BAS	WOD	WOD+	WOD	Open gym	Team WOD 17.00
18.30 - 19.30	BAS 18.45	WOD+	WOD	Gymn S 18.45	Open gym	Open gym	Open gym
19.30 - 20.30	WOD 19.45	WOD 19.45	Barbell S	BAS 19.45	Open gym	Open gym	Open gym
20.30 - 21.30	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
21.30 - 22.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym