SOMMAR-SCHEMA

CROSSFIT SKÖVDE

Vecka 727-730

	Mån	Tis	Ons	Tor	Fre	Lör	Sön
05.00 - 06.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
06.00 - 07.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
07.00 - 08.00	Open gym	Open gym	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**	Open gym	Open gym
10.00 - 11.00	Open gym	Open gym	Open gym	Open gym	Open gym	**10.30 WOD**	Open gym
11.30 - 12.30	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
12.00 - 13.00	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	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**	Open gym	**WOD**	Open gym	**WOD**	Open gym	Open gym
17.30 - 18.30	**WOD**	**WOD**	**WOD**	**WOD**	Open gym	Open gym	**Team WOD 17.00**
18.30 - 19.30	Open gym	**WOD**	Open gym	**WOD**	Open gym	Open gym	Open gym
19.30 - 20.30	Open gym	Open gym		Open gym	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