

Classes SUMMER/FALL 2026

MONTAG

* 6.00
CrossFit

* 9.00
CrossFit

* 17.30
CrossFit

* 19.00
CrossFit

DIENSTAG

* 6.00
CrossFit

* 9.00
CrossFit

* 18.00
CrossFit

* 19.15
Strength &
Endurance

MITTWOCH

* 6.00
CrossFit

* 9.00
CrossFit

* 15.00
CF Teens

* 17.30
CrossFit

* 19.00
CrossFit

DONNERSTAG

* 6.00
CrossFit

* 9.00
CrossFit

* 18.00
CrossFit

* 19.15
Strength &
Endurance

FREITAG

* 6.00
CrossFit

* 9.15
CrossFit

* 17.30
Weight-
lifting

* 19.00
CrossFit

SAMSTAG

* 9.00
Running
Club

SONNTAG

* 9.00
CrossFit

THREE HILLS
CROSSFIT

