

Classes Spring 2025

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
* 6.00 CrossFit * 9.00 CrossFit	* 6.00 CrossFit * 9.00 CrossFit	* 6.00 CrossFit * 9.00 CrossFit	* 6.00 CrossFit * 9.00 CrossFit	* 6.00 CrossFit	* 9.30 ThreeHills Teens	* 9.00 CrossFit
OPEN BOX 10.15	OPEN BOX 10.15	OPEN BOX 10.15		OPEN BOX 10.15		
* 17.30 CrossFit * 19.00 CrossFit	* 17.30 CrossFit * 19.00 CrossFit	* 17.30 CrossFit * 19.00 CrossFit	* 17.30 CrossFit * 19.00 CrossFit	* 17.30 Power Lifting * 19.00 CrossFit		
OPEN BOX 20.00	OPEN BOX 20.00	OPEN BOX 20.00	OPEN BOX 20.00			

