



SCHEDULE

OPEN GYM
MO-FR 06-22 Uhr
SA-SO 13-20 Uhr

	6.00	7.00	8.00	9.00	9.30	10.00	10.30	11.00	11.30	12.00	16.00	17.00	18.00	19.00	20.00
MO															
DI															
MI															
DO															
FR															
SA															
SO															



CrossFit



Gymnastics



Endurance



Team
WOD



Olympic
Weightlifting



Performance



CrossFit
Kids



CrossFit
Kids

CROSSFIT-GRENZE.DE

REINHARDTSTRASSE 29 | BERLIN MITTE



CROSSFIT

The high impact, high intensity classes push you physically and mentally.



ENDURANCE

A high-intensity metabolic conditioning class. Challenge yourself and sweat working with your bodyweight and various forms of equipment providing resistance.



GYMNASTICS

Be the master of your own body. A full gymnastics program working from fundamentals to performance.



WEIGHTLIFTING

Develop grace and power through these technically challenging movements taught well by experienced coaches.



PERFORMANCE

The Performance class is suited for experienced CrossFit athletes looking to increase their workout intensity and volume.



COMPETITION

This Class is tailored to athletes who train to compete. The coaches assesses each application according to technical skillset, which must be well above average and strength.



BASIC CLASS

Join the Basic Class and learn the CrossFit fundamentals, scaling variations and the meaning of the words you read on the blackboard.



YOGA & MOBILITY

The studio will offer you yoga and mobility classes, that provide you with high impact, low intensity fitness classes.



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