

Tag / Zeit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00 - 08.00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
08.00 - 09.00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
9.00 - 10.00							
09.30 - 10.30							YOGA
10.00 - 11.00						Metcon	
11.00 - 12.00						CrossFit	CrossFit
12.00 - 13.00	Metcon	CrossFit	Metcon	CrossFit	Metcon	CrossFit	Team
13.00 - 14.00	CrossFit	Metcon	CrossFit	Metcon	CrossFit	HeroWOD	CrossFit
17.00 - 18.00	CrossFit	CrossFit	Metcon	CrossFit	CrossFit		
17.30 - 18.30	Metcon	Metcon	CrossFit				CrossFit
18.00 - 19.00	CrossFit	CrossFit	Metcon	CrossFit	CrossFit		
18.30 - 19.30	Metcon	Gymnastics	Basics	CrossFit			YOGA
19.00 - 20.00	CrossFit	CrossFit	CrossFit	Metcon	CrossFit		
19.30 - 20.30	Basic	Metcon	Oly	Boxen			
20.00 - 21.00	CrossFit	CrossFit	CrossFit	CrossFit			

CrossFit	Metcon	Yoga	Self Defense	Fundamentals	Team
<p>The high impact, high intensity classes will push you physically and mentally.</p>	<p>Short for “metabolic conditioning,” metcons are designed to train stamina, endurance, and conditioning. Unlike WODs—which can also include purely strength or skill-based workouts—metcons generally include some sort of timed component performed at high intensity.</p>	<p>The studio will offer you yoga that provide you with high impact, low intensity fitness classes.</p>	<p>The Gym will offer you Boxing, Krav Maga and Brazilian Jiu Jitsu.</p>	<p>The Course is mandatory for the individual who wants to train in our CrossFit group classes. During the one-hour class you will, along with other beginners, be working with a certified coach who will safely expose you to our movement curriculum in a small group setting. Movement techniques will be drilled as well as a progressive introduction to the intensity levels that are inherent in our group classes.</p>	<p>CrossFit Team Workouts. Master your Workouts together in a Team.</p>