

CFM - TIME TABLE

KIDS & TEENS

Woensdag

14:00 - 14:45 (Kids), 15:00 - 16:00 (Teens)

Zaterdag

9:00 - 09:45 (Kids), 10:00 - 11:00 (Teens)

Please note:

This timesheet is subject to changes.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09							
10			CrossFit		CrossFit		Yoga
11			Open gym		Open gym	Open gym	Open gym
12			Open gym		Open gym	Gymnastics	Triggerpoint
13						Open gym	Weightlifting
14	Open gym	Open gym		Open gym		CrossFit	CrossFit
15	Open gym	Open gym	Open gym	Open gym		Open gym	Open gym
16	Open gym	Open gym	Open gym	Open gym	Open gym	Train with the coaches	
17	Strength Class				Open gym		
18	Open gym	CrossFit (Foundation)	CrossFit	Barbell Cycling	Open gym	Open gym	
19	CrossFit	Aerobic Capacity	Gymnastics	CrossFit	Open gym	Strength	
20	Barbell Cycling	CrossFit	CrossFit	Weightlifting	Open gym	Aerobic Capacity	
21	CrossFit	Open gym	Open gym	CrossFit	Open gym	CrossFit	
22							