

#afochvuidraufgehn

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
07.00 - 08.00 THE100 METCON	7.30 - 8.30 FIT & VITAL				

9.00 - 10.00 FIT & VITAL			9.00 - 10.00 FIT & VITAL		9.00 - 10.00 THE100 METCON
					10.00 - 11.00 CROSS ATHLETICS

				15.00 - 16.00 OUTDOOR FITNESS	OPENING HOURS RAW - FREIES TRAINING MONTAG - SONNTAG 6:00 - 22:00 UHR
				16.30 - 17.30 CROSS ATHLETICS / KIDS ATHLETICS	
				17.30 - 18.30 CROSS ATHLETICS	
17.00 - 18.00 CROSS ATHLETICS	17.00 - 18.00 CROSS ATHLETICS	17.00 - 18.00 THE100 METCON / KIDS ATHLETICS	17.00 - 18.00 CROSS ATHLETICS		
18.00 - 19.00 CROSS ATHLETICS	18.00 - 19.00 CROSS ATHLETICS/ OUTDOOR FITNESS	18.00 - 19.00 CROSS ATHLETICS	18.00 - 19.00 CROSS ATHLETICS		
19.00 - 20.00 G'SCHEITS DEHNEN	19.00 - 20.00 THE100 METCON	19.00 - 20.00 CIRCLE60 / THE100 ENDURANCE	19.00 - 20.00 THE100 METCON / YOGA BY LENA		

The100 Athletikverein. Kaiserwaldweg 20. 8142 Wundschuh

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
7.30		7.30 - 8.30 FIT & VITAL				
9.00	9.00 - 10.00 FIT & VITAL			9.00 - 10.00 FIT & VITAL		9.00 - 10.00 CROSS ATHLETICS METCON
						10.00 - 11.00 CROSS ATHLETICS
16.00						OPENING HOURS RAW - FREIES TRAINING MONTAG - SONNTAG 6:00 - 22:00 UHR
17.00	17.00 - 18.00 CROSS ATHLETICS	17.00 - 18.00 CROSS ATHLETICS	17.00 - 18.00 CROSS ATHLETICS	17.00 - 18.00 CROSS ATHLETICS / KIDS ATHLETICS	16.30 - 17.30 CROSS ATHLETICS / KIDS ATHLETICS	
18.00	18.00 - 19.00 CROSS ATHLETICS	18.00 - 19.00 CROSS ATHLETICS / KIDS ATHLETICS	18.00 - 19.00 CROSS ATHLETICS	18.00 - 19.00 CROSS ATHLETICS	17.30 - 18.30 CROSS ATHLETICS	
19.00	19.00 - 20.00 CF ENDURANCE	19.00 - 20.00 CROSS ATHLETICS METCON	19.00 - 20.00 CIRCLE60 / CF ENDURANCE	19.00 - 20.00 CROSS ATHLETICS	18.30 - 19.30 G'SCHEITS DEHNEN	
				20.00 - 21.00 CROSS ATHLETICS METCON		