



CROSSFIT HALMSTAD

HÖSTSCHEMA 2023 v.32 - v.51



MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
	06:15-07:15			06:15 - 07:15		09:30 - 10:15
	TEAM (JP)			TGIF (TB)		KIDS
	10:00-11:00		10:00-11:00			10:30 - 11:30
	Senior (ME)		Senior (ME)			KIDS
12:00 - 13:00	12:00 - 13:00	12:00 - 13:00	12:00 - 13:00	12:00 - 13:00		11:45 - 12:45
CROSSFIT (PJ)	Functional Bodybuilding (CH)	CROSSFIT (CH)	Functional Bodybuilding (CH)	TGIF (CH/ME)		PRE-TEENS
	17:00-18:00		16:45-17:30			13:00 - 14:00
	Teens Byggarboxen		Burner Byggarboxen (AB)			PRE-TEENS
17:15 - 18:15	17:15 - 18:15	17:15 - 18:15	17:15 - 18:15	17:15 - 18:30		15:00-16:15
CROSSFIT (MS)	Functional Bodybuilding (MK)	CROSSFIT (TB)	Functional Bodybuilding (BW)	TGIF (CH/ME)		HYROX (EB)
18:20-19:20	18:20-19:20	18:20-19:20	18:20-19:20			16:30-17:45
HYROX Bring a Friend (SS)	TEAM (BW)	GYMNASTIC (ZB)	Teens (TL)			TEAM (MM)