

MO

Montag

DI

Dienstag

MI

Mittwoch

DO

Donnerstag

FR

Freitag

SA

Samstag

SO

Sonntag

VORMITTAG

8:30 ROOTS
Mum's WOD

6:30 REPS
Functional WOD

6:30 REPS
Strength

8:30 ROOTS
Women's WOD

9:00 REPS
HYROX Team

9:00 ROOTS
Mum's WOD

9:30 ROOTS
Mum's WOD

10:00 REPS
Strength

NACHMITTAG · ABEND

17:00 REPS
Functional WOD

17:30 REPS
HYROX

18:00 REPS
Functional WOD

17:00 ROOTS
Women's WOD

16:00 REPS
EMOM Club

18:00 ROOTS
Women's WOD

19:00 ROOTS
Women's WOD

19:00 REPS
Mobility

18:00 REPS
HYROX

19:00 ROOTS
Women's WOD

19:00 REPS
Functional WOD