



CROSSFIT GÖTTINGEN ONLINE KURSPLAN

Mo

17:00 - 18:00
CrossFit
18:00 - 19:00
Mobility

Di

17:00 - 18:00
Tabata
18:00 - 19:00
CrossFit

Mi

17:00 - 18:00
Kettlebell

Do

17:00 - 18:00
CrossFit
18:00 - 19:00
Tabata

Fr

7:00 - 8:00
Mobility

Sa

10:00 - 11:00
CrossFit
11:00 - 12:00
Mobility