



CROSSFIT/HYROX ROOSTER

WEIGHTLIFTING IE DINSDAG V/D MAAND (19:00), GYMNASTICS IE DONDERDAG VAN DE MAAND (18:00)

MAA	DIN	WOE	DON	VRIJ	ZAT	ZON
	07:00-08:00 CROSSFIT			07:00-08:00 CF BUDDY/TEAM		
	08:00-09:00 HYROX		08:00-09:00 CROSSFIT	08:00-09:00 HYROX		
09:00-10:00 CROSSFIT		09:00-10:00 CROSSFIT		09:00-10:00 CF BUDDY/TEAM	09:00-10:00 HYROX	09:00-10:00 RUNNING CLUB
					10:00-11:30 CF BUDDY/TEAM	
17:00-18:00 CROSSFIT	17:00-18:00 CROSSFIT	17:00-18:00 HYROX	17:00-18:00 BEGINNER-HYROX	17:00-18:00 HYROX		
18:00-19:00 HYROX	18:00-19:00 HYROX	18:00-19:00 CROSSFIT	18:00-19:00 CROSSFIT	18:00-19:00 CROSSFIT		
19:00-20:00 CROSSFIT	19:00-20:00 CROSSFIT	19:00-20:00 CROSSFIT	19:00-20:00 HYROX			
	20:00-21:00 CROSSFIT		20:00-21:00 CROSSFIT			