

MANDAG	TIRSDAG	ONSDAG	TORSDAG	FREDAG	LØRDAG	SØNDAG
05:00-22:00 OPEN GYM	05:00-22:00 OPEN GYM	05:00-22:00 OPEN GYM	05:00-22:00 OPEN GYM	05:00-22:00 OPEN GYM	07:00 - 20:00 OPEN GYM	07:00 - 20:00 OPEN GYM
BOOT CAMP 06:30 - 07:30	CROSSFIT 06:30 - 07:30	BOOT CAMP 06:30 - 07:30	CROSSFIT 06:30 - 07:30	BOOT CAMP 06:30 - 07:30		
CROSSFIT 08:00 - 09:00	BOOT CAMP 08:00 - 09:00	CROSSFIT 08:00 - 09:00	BOOT CAMP 08:00 - 09:00	CROSSFIT 08:00 - 09:00		
					BOOT CAMP 09:00 - 10:00	CROSSFIT 09:00 - 11:00
					CROSSFIT 10:00 - 11:00	CROSSFIT 10:00 - 11:00
					STYRKE 11:00 - 12:00	MOBILITY 11:00 - 12:00
					CROSSFIT 12:00 - 13:00	
BOOT CAMP 15:00 - 16:00	CROSSFIT 15:15 - 16:15	BOOT CAMP 15:00 - 16:00	CROSSFIT 15:15 - 16:15	BOOT CAMP 15:00 - 16:00		
CROSSFIT 16:00 - 17:00	BOOT CAMP 16:15 - 17:15	CROSSFIT 16:00 - 17:00	CF BEGINNERS 16:15 - 17:15	CROSSFIT 16:00 - 17:00		
BOOT CAMP 17:00 - 18:00	CROSSFIT 17:15 - 18:15	BC // Calisthenics 17:00 - 18:00	BOOT CAMP 17:15 - 18:15	BOOT CAMP 17:00 - 18:00		
STYRKE 18:00 - 19:00	MOBILITY 18:15 - 19:15	CROSSFIT 18:00 - 19:00	STYRKE 18:15 - 19:15			
CROSSFIT 19:00 - 20:00	CROSSFIT 19:15 - 20:15		CROSSFIT 19:15 - 20:15			