

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag	Søndag	
Open Gym 05:00-06:15	Open Gym 05:00-06:30	Open Gym 05:00-06:30	Open Gym 05:00-06:30	Open Gym 05:00-06:30			
KI 06:15 Boot Camp	KI 06:30 CrossFit	KI 06:15 Boot Camp	KI 06:30 CrossFit	KI 06:15 Boot Camp	Open Gym 07:00-09:00	Open Gym 07:00-09:00	
KI 08:00 CrossFit	KI 08:00 Boot Camp	KI 08:00 CrossFit	KI 08:00 Boot Camp	KI 08:00 CrossFit			
Open Gym 09:00-15:00	Open Gym 09:00-15:00	Open Gym 09:00-15:00	Open Gym 09:00-15:00	Open Gym 09:00-15:00	KI 09:00 Boot Camp	KI 09:00 CrossFit	
						KI 10:00 CrossFit	KI 10:00 CrossFit
					KI 11:00 Weightlifting	KI 11:00 CrossFit	
					KI 12:00 CrossFit		
KI 15:00 Boot Camp	KI 15:00 CrossFit	KI 15:00 Boot Camp	KI 15:00 CrossFit	KI 15:00 Boot Camp	Open Gym 13:00-20:00	Open Gym 12:00-20:00	
KI 16:00 CrossFit	KI 16:00 Boot Camp	KI 16:00 CrossFit	KI 16:00 Boot Camp	KI 16:00 CrossFit			
KI 17:00 Boot Camp	KI 17:00 CrossFit	KI 17:00 Boot Camp	KI 17:00 CrossFit	KI 17:00 Boot Camp			
KI 18:00 CrossFit	KI 18:00 Weightlifting	KI 18:00 CrossFit	KI 18:00 Mobility				
Open Gym 19:00-22:00	KI 19:00 CrossFit	Open Gym 19:00-22:00	KI 19:00 CrossFit	Open Gym 18:00-22:00			
	Open Gym 20:00-22:00		Open Gym 20:00-22:00				

Open Gym only possible with a door chip