



# WOCHENPLAN

| ZEIT          | MONTAG                 | DIENSTAG               | MITTWOCH     | DONNERSTAG | FREITAG                | SAMSTAG | SONNTAG                |
|---------------|------------------------|------------------------|--------------|------------|------------------------|---------|------------------------|
| 06.00 – 07.00 |                        |                        |              |            | HYROX<br>Training Club |         |                        |
| 08.15 – 09.15 |                        |                        | HIIT Outdoor |            | HIIT Outdoor           |         |                        |
| 09.00 – 10.00 |                        |                        |              |            |                        |         | HYROX<br>Training Club |
| 10.35 – 11.30 |                        | CORE                   |              |            |                        |         |                        |
| 18.30 – 19.30 |                        | HYROX<br>Training Club |              | HIIT Box   |                        |         |                        |
| 19.00 – 20.00 | HYROX<br>Training Club |                        |              |            |                        |         |                        |

## TRAININGSORTE

**HYROX  
Training Club**

Box, Werkhofstrasse 5

**CORE**

Box, Werkhofstrasse 5

**HIIT Box**

Box, Werkhofstrasse 5

**HIIT Outdoor**

Schulhaus Matt

**FOREVER FIT**

Box, Werkhofstrasse 5