



CrossFit Bern – Stundenplan

Montag

- 18.00 - 19.00 CrossFit Group Training
- 19.00 - 20.00 Kettlebell Group Training
- 20.00 - 21.00 CrossFit Group Training

Dienstag

- 18.00 - 19.00 CrossFit Group Training
- 19.00 - 20.00 CrossFit Group Training
- 20.00 - 22.00 Open Gym

Mittwoch

- 18.00 - 19.00 CrossFit Group Training
- 19.00 - 20.00 CrossFit Group Training

Donnerstag

- 18.00 - 19.00 CrossFit Group Training
- 19.00 - 20.00 CrossFit Group Training

Samstag

- 10.00 - 11.00 CrossFit Group Training

Die Anmeldung für die Trainings erfolgt via doodle links unter der Rubrik Events!