

KURSPLAN

GÜLTIG AB MAI 2017



Startzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:00	07:00-08:00 CrossFit			07:00-08:00 CrossFit	07:00-08:00 CrossFit		
09:00						09:00-10:00 Running	
10:00						10:00-11:00 OnRamp	10:00-11:00 OnRamp
11:00						11:15-12:15 CrossFit	11:15-12:15 CrossFit
12:00	12:00-13:00 CrossFit		12:00-13:00 CrossFit		12:00-13:00 CrossFit	12:15-12:45 Mobility	12:15-12:45 Mobility
13:00	13:00-13:30 Mobility	13:00-14:00 CrossFit	13:00-13:30 Mobility	13:00-14:00 CrossFit	13:00-13:30 Mobility		
13:30							
14:00		14:00-14:30 Mobility		14:00-14:30 Mobility			
14:30						14:00-15:00 OnRamp	
15:00						15:15-16:15 CrossFit	
16:00	16:00-17:00 Youth					16:15-16:45 Mobility	
16:30			16:30-17:30 CrossFit				
17:00							
17:30	17:30-18:30 CrossFit	17:30-18:30 OnRamp	17:30-18:30 CrossFit	17:30-18:30 CrossFit	17:30-18:30 CrossFit	17:30-18:30 OnRamp	17:30-18:30 CrossFit
18:00							
18:30	18:30-19:00 Mobility	18:30-19:30 CrossFit	18:30-19:00 Mobility	18:30-19:30 Barbell Club	18:30-19:30 OnRamp	18:30-19:00 Mobility	18:30-19:30 CrossFit
19:00			19:00-20:00 CrossFit	19:00-20:00 OnRamp		19:00-20:00 CrossFit	19:00-20:00 OnRamp
19:30		19:30-20:00 Mobility			19:30-20:00 Mobility		
20:00	20:00-21:00 CrossFit	20:00-20:30 Mobility	20:00-21:00 CrossFit	20:00-21:00 Yoga	20:00-21:00 CrossFit	20:00-20:30 Mobility	20:00-21:00 CrossFit
20:30							
21:00	21:00-21:30 Mobility		21:00-21:30 Mobility		21:00-21:30 Mobility		21:00-21:30 Mobility

OPEN

Mo-Fr: 09:00 - 22:00 Uhr
Sa: 09:30 - 17:30 Uhr
So: 09:30 - 13:30 Uhr

OPEN GYM

Mo-Fr: 09:00 - 17:00 Uhr
Sa: 09:30 - 17:00 Uhr

SAUNA

Mo-Fr: 17:00 - 21:00 Uhr

RUNNING

immer samstags im:
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CONTACT

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