



CROSSFIT HALMSTAD

VÅRSHEMA 2025 v.3 - v.26



MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
	06:15-07:15 CROSSFIT (Rullande coach)			06:15 - 07:15 HYROX (TB)		09:30 - 10:15 KIDS
10:00-11:00 Senior (ME)		10:00-11:00 Senior (ME)				10:30 - 11:30 KIDS
12:00 - 13:00 TEAM (PJ)	12:00 - 12:45 Functional Strength (CH)	12:00 - 13:00 CROSSFIT (CH)	12:00 - 12:45 Functional Strength (CH)	12:00 - 13:00 TGIF (CH/ME)		11:45 - 12:45 PRE-TEENS
	12:45-13:15 Metcon (CH)		12:45-13:15 Metcon (CH)			
			16:45-17:30 Burner PT-salen (AB)	16:10-17:10 HYROX (Rullande coach)		15:00-16:15 TEAM (MM)
17:15 - 18:15 TEAM (MS)	17:15 - 18:00 Functional Strength (MK)	17:15 - 18:15 CROSSFIT (ZB)	17:15 - 18:00 Functional Strength (AL)	17:15 - 18:30 TGIF (CH/ME)		
	18:00-18:30 Metcon (MK)		18:00-18:30 Metcon (AL)			
18:20-19:20 HYROX (SS)		18:20-19:20 Hyrox (Rullande coach)				