



CROSSFIT HALMSTAD

HÖSTSCHEMA 2026 v.32 - v.51



MÅNDAG	TISDAG	ONSDAG	TORSDAG	FREDAG	LÖRDAG	SÖNDAG
	06:15-07:15 CROSSFIT (Rullande coach)			06:15 - 07:15 HYROX (Rullande coach)		10:00 - 10:45 KIDS
		10:00-11:00 Senior (ME)				11:00 - 12:00 KIDS
12:00 - 13:00 HYROX (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)		12:00 - 13:00 Pre-Teens
	12:45-13:15 Metcon (CH)		12:45-13:15 Metcon (CH)			
16:10-17:10 TEAM (Rullande coach)	16:10-17:10 HYROX (Rullande coach)		16:10-17:10 HYROX (Rullande coach)	16:10-17:10 HYROX (Rullande coach)		16:30-17:45 TEAM (MM)
17:15 - 18:15 TEAM (MS)	17:15 - 18:00 Functional Strength (MK)	17:15 - 18:15 CROSSFIT (MS)	17:15 - 18:00 Functional Strength (Rullande coach)	17:15 - 18:30 TGIF (BW)		
	18:00-18:30 Metcon (MK)		18:00-18:30 Metcon (Rullande coach)			
18:20-19:20 HYROX (AL)		18:20-19:20 Hyrox (SS)				