

V.51	OJÄMN																				
	måndag 18/12			tisdag 19/12			onsdag 20/12			torsdag 21/12			fredag 22/12			lördag 23/12			söndag 24/12		
	G3	SLUSS	Masthugget	G3	SLUSS	Masthugget	G3	SLUSS	Masthugget	G3	SLUSS	Masthugget	G3	SLUSS	Masthugget	G3	SLUSS	Masthugget	G3	SLUSS	Masthugget
06:30	CrossFit 06:30		CrossFit 06:30	CrossFit 06:30		CrossFit 06:30	CrossFit 06:30		CrossFit 06:30	CrossFit 06:30		CrossFit 06:30	CrossFit 06:30								
07:30	CrossFit 07:30		CrossFit 07:30	CrossFit 07:30		CrossFit 07:30	CrossFit 07:30		CrossFit 07:30	CrossFit 07:30		CrossFit 07:30	CrossFit 07:30								
09:00															CrossFit 9:00	CrossFit 9:00					
10:00															CrossFit 10:15	CrossFit 10:15			CrossFit 10:00	Andreas Kim Lucas Dick	
11:00													APPER 11:00		CrossFit 11:30	CrossFit 11:30			CrossFit 11:00		
12:00	CrossFit 12:00		CrossFit 12:00	CrossFit 12:00		CrossFit 12:00	CrossFit 12:00		CrossFit 12:00	CrossFit 12:00		CrossFit 12:00	CrossFit 12:00		CrossFit 12:00			Prova PÅ/BAF 12:00	CrossFit 12:00		
13:30																					
															CrossFit 15:00						
16:00	CrossFit 16:00		CrossFit 16:00	CrossFit 16:00		CrossFit 16:00	CrossFit 16:00		CrossFit 16:00	CrossFit 16:00		CrossFit 16:00	CrossFit 16:00		CrossFit 16:00	CrossFit 16:00					
17:00	CrossFit 17:00		CrossFit 17:00	CrossFit 17:00		CrossFit 17:00	CrossFit 17:00		CrossFit 17:00	CrossFit 17:00		CrossFit 17:00	CrossFit 17:00		CrossFit 17:00	CrossFit 17:00					
17:15																					
18:00	CrossFit 18:00		CrossFit 18:00	CrossFit 18:00		CrossFit 18:00	CrossFit 18:00		CrossFit 18:00	CrossFit 18:00		CrossFit 18:00	CrossFit 18:00								
18:30																					
19:00	CrossFit 19:00		CrossFit 19:00	CrossFit 19:00		CrossFit 19:00	CrossFit 19:00		CrossFit 19:00	CrossFit 19:00		CrossFit 19:00	CrossFit 19:00								
19:45																					
20:00	CrossFit 20:00		CrossFit 20:00	CrossFit 20:00		CrossFit 20:00	HIQ		CrossFit 19:45			HIQ 20:00									

- Andreas
- Kim
- Lucas
- Dick
- Andreas
- Christian
- Marcus
- Ellnor
- Robert
- Jessica
- Joakim
- Alice
- Andreas
- Lucas