

V.1	OJÄMN			onsdag 2/1			onsdag 3/1			onsdag 3/1			lördag 4/1			torsdag 6/1			söndag			
	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		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		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																				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	Pröva PÅ/BAF 12:00	Pröva PÅ/BAF 12:00			CrossFit 12:00		
13:30																						
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							
17:15		CrossFit 17:15		CrossFit 17:15			CrossFit 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		CrossFit 18:00							
18:30		CrossFit 18:30		CrossFit 18:30			CrossFit 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		CrossFit 19:00							
19:45		CrossFit 19:45 (Onramp)					CrossFit 19:45															
20:00	CrossFit 20:00		CrossFit 20:00 (Onramp)			CrossFit 20:00	HIQ															

- Andrik
- Christian
- Marcus
- Elinor
- Robert
- Jessica
- Joakim
- Alice
- Andreas
- Lucas