



1st CISM Functional Fitness European Open 2024

Date	Time	Topic
08.07.	15:00-15:45	<i>Opening</i> Building 160
09.07.	09:00-11:25	Endurance Outdoor sports facility "Sportalm"
	14:00-15:15	Skill Building 160
10.07.	09:00-11:00	Mixed Building 160
	12:30-13:15	Strength – Yoke Run Street before building 160
	13:30-17:00	Strength - Sandbags Building 160
11.07.	09:00-10:15	Bodyweight Building 160
	12:30-13:20	Power Building 160
	15:00-16:00	<i>Award ceremony</i> Building 160

Details on:



COMPETITION CORNER



der Bundeswehr
Universität  *München*

