

2026 Events

CROSSFIT
40477

JAN

Nutrition Challenge

FEB

Fitness Bundesliga
Workouts:
6.2. Workout 1
13.2. Workout 2
20.2. Workout 3
CrossFit Open:
27.2. Workout 1

MAR

CrossFit Open:
6.3. Workout 2
13.3. Workout 3
14./15.3. NEXT
Throwdown
26.3. start CF
Quarterfinals
29.3. Venloop Half

APR

16.4. HYROX
Köln/Rotterdam
26.4. DUS Marathon
(Relay & Individual).

MAY

8.5. Lift Off
Murph Day (tba)
Spring Hike (tba)
CF Semifinals
16.5. ATHX Berlin /
HYROX Berlin

JUN

13.6. Tiger
Throwdown
Track and Field Day &
Swim (tba)

JUL

Summer Box Event
(25.7. HYROX & BBQ.
tba)
CF Games

AUG

Summer Box Event
(8.8. or 25.8. HYROX
& BBQ tba)

SEP

6.9. Kö Meile
13.9. Ratingen
Triathlon

OCT

23.10. Lift Off
Community Evening
Autumn Hike (tba)

NOV

7.11. ATHX Games
Amsterdam
27-28.11. 24h rowing
for charity

DEC

12.12. Christmas Party
19.12. Community
Workout "The
Pempelforce"
24.12. 12 Days of
Christmas
Community Workout