

Kursplan

12.05.2025 - 18.05.2025

Montag 12.05.2025	Dienstag 13.05.2025	Mittwoch 14.05.2025	Donnerstag 15.05.2025	Freitag 16.05.2025	Samstag 17.05.2025	Sonntag 18.05.2025
07:30 - 08:30 MOVEMENT 16:15 - 17:15 STRENGTH 17:30 - 18:30 Performance U16 18:45 - 19:45 MOVEMENT 20:00 - 21:00 BURN	08:30 - 09:30 STRENGTH 17:30 - 18:30 MOVEMENT 18:45 - 19:45 STRENGTH	12:00 - 13:00 MOVEMENT 16:15 - 17:15 STRENGTH 18:45 - 19:45 MOVEMENT	08:30 - 09:30 MOVEMENT 17:45 - 18:45 HYROX 19:00 - 20:00 STRENGTH	09:00 - 10:00 STRENGTH 12:00 - 13:00 BURN 15:30 - 16:30 MOVEMENT 17:00 - 18:00 STRENGTH 18:30 - 19:30 § 20 Prävention	11:00 - 12:00 MOVEMENT 12:30 - 13:30 STRENGTH	11:00 - 12:00 MOVEMENT 14:00 - 15:00 STRENGTH