

Kursplan

22.04.2024 - 28.04.2024

Montag 22.04.2024	Dienstag 23.04.2024	Mittwoch 24.04.2024	Donnerstag 25.04.2024	Freitag 26.04.2024	Samstag 27.04.2024	Sonntag 28.04.2024
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

 BURN

 MOBILITY

 MOVEMENT

 PERFORMANCE

 Prävention

 STRENGTH

Stand: 25.04.2024