

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:00					
07:15					
07:30					
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17:30			Military Drill Workout (F) 17:00 - 17:50 Uhr (L. Drummer)	Military Drill Workout (F) 17:00 - 17:50 Uhr (L. Drummer)	
17:45					
18:00	Calisthenics Outdoor (F) 18:00 - 18:55 Uhr (E. Heidler)	Funktionelles Zirkeltraining Outdoor (P) 18:00 - 19:00 Uhr (C. Hausmann)	Outdoor Training im Parcours (F) 18:00 - 18:50 Uhr (L. Drummer)	Functional Athletic Outdoor Training (F) 18:00 - 19:00 Uhr (M. Denzler)	
18:15					
18:30					
18:45					
19:00	Funktionelles Zirkeltraining Outdoor (P) 19:00 - 20:00 Uhr (S. Keppner)		Bootcamp (F) 19:00 - 19:45 Uhr (M. Sklorz)		
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23:00					
23:15					
23:30					

Belegung durch SGS

Basisprogramm (B)

Fitnesskurse (F) & Präventionskurse (P)