

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
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Belegung durch SGS

Basisprogramm (B)

Fitnesskurse (F) & Präventionskurse (P)

Mobilitytraining (F)
17:00 - 17:50 Uhr (C. Kleinlein)

Military Drill Workout (F)
17:00 - 17:50 Uhr (L. Drummer)

Military Drill Workout (F)
17:00 - 17:50 Uhr (L. Drummer)

Calisthenics (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)

Funktionelles Zirkeltraining Outdoor (P)
19:00 - 20:00 Uhr (S. Keppner)