

Kursplan

15.04.2024 - 21.04.2024

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Montag 15.04.2024	Dienstag 16.04.2024	Mittwoch 17.04.2024	Donnerstag 18.04.2024	Freitag 19.04.2024	Samstag 20.04.2024	Sonntag 21.04.2024
<p>07:00 - 08:00 BURN</p>	<p>12:00 - 13:00 STRENGTH</p>	<p>10:00 - 11:00 MOBILITY</p>	<p>07:00 - 08:00 STRENGTH</p>	<p>15:00 - 16:00 STRENGTH</p>	<p>10:00 - 11:00 BURN</p>	
<p>12:00 - 13:00 MOVEMENT</p>	<p>17:20 - 18:20 MOVEMENT</p>	<p>17:00 - 18:00 STRENGTH</p>	<p>12:00 - 13:00 STRENGTH</p>	<p>16:15 - 17:30 BURN</p>	<p>11:15 - 12:15 MOBILITY</p>	
<p>17:20 - 18:20 BURN</p>	<p>18:30 - 19:30 MOVEMENT</p>	<p>18:00 - 19:00 STRENGTH</p>	<p>18:00 - 19:00 BURN</p>	<p>17:30 - 19:00 HYROX (2-weekly)</p>	<p>12:30 - 14:00 HYROX (2-weekly)</p>	
<p>18:30 - 19:30 BURN</p>	<p>19:15 - 20:15 STRENGTH</p>	<p>19:15 - 20:45 HYROX (weekly)</p>	<p>19:15 - 20:15 MOBILITY</p>			
<p>19:40 - 20:40 MOBILITY</p>						

- BURN
- MOVEMENT
- STRENGTH
- HYROX
- MOBILITY
- KIDS

Stand: 19.04.2024