
























# Kursplan



19.02.2024 - 25.02.2024

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Montag 19.02.2024	Dienstag 20.02.2024	Mittwoch 21.02.2024	Donnerstag 22.02.2024	Freitag 23.02.2024	Samstag 24.02.2024	Sonntag 25.02.2024
<p>17:30 - 18:00 MOBILITY</p> 	<p>06:30 - 07:30 MOVEMENT</p> 	<p>17:30 - 18:00 MOBILITY</p> 	<p>12:00 - 13:00 BURN</p> 	<p>06:30 - 07:30 STRENGTH</p> 	<p>10:00 - 11:00 HYROX</p> 	<p>10:00 - 11:00 CALISTHENICS</p> 
<p>18:15 - 19:15 STRENGTH</p> 	<p>17:00 - 18:00 STRENGTH</p> 	<p>18:15 - 19:15 STRENGTH</p> 	<p>17:00 - 18:00 MOVEMENT</p> 	<p>17:00 - 18:00 BURN</p> 	<p>11:15 - 12:15 MOVEMENT</p> 	<p>11:15 - 12:15 BURN</p> 
<p>19:30 - 20:30 HYROX</p> 	<p>18:15 - 19:15 HYROX light</p> 	<p>19:30 - 20:30 HYROX</p> 	<p>18:15 - 19:15 BURN</p> 	<p>17:30 - 18:30 RUNNING</p> 		
	<p>19:30 - 20:30 BURN</p> 	<p>20:30 - 21:00 OPEN GYM</p> 	<p>19:30 - 20:30 STRENGTH</p> 	<p>18:00 - 19:00 OPEN GYM</p> 		
				<p>19:00 - 20:00 HYROX</p> 		

Stand: 21.02.2024

-  BURN
-  MOVEMENT
-  CALISTHENICS
-  OPEN GYM
-  HYROX
-  RUNNING
-  MOBILITY
-  STRENGTH