
























Kursplan

22.07.2024 - 28.07.2024

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Montag 22.07.2024	Dienstag 23.07.2024	Mittwoch 24.07.2024	Donnerstag 25.07.2024	Freitag 26.07.2024	Samstag 27.07.2024	Sonntag 28.07.2024
<p>17:30 - 18:00 MOBILITY</p> 	<p>06:30 - 07:30 MOVEMENT</p> 	<p>17:30 - 18:00 MOBILITY</p> 	<p>17:00 - 18:00 HYROX Teens</p> 	<p>17:00 - 18:00 BURN</p> 	<p>10:00 - 11:00 HYROX</p> 	<p>10:00 - 11:00 STRENGTH</p> 
<p>18:15 - 19:15 STRENGTH</p> 	<p>17:00 - 18:00 HYROX Teens</p> 	<p>18:15 - 19:15 STRENGTH</p> 	<p>18:15 - 19:15 BURN</p> 	<p>17:00 - 18:00 RUNNING</p> 	<p>11:15 - 12:15 MOVEMENT</p> 	<p>11:15 - 12:15 HYROX Teamchallenge...</p> 
<p>19:30 - 20:30 HYROX</p> 	<p>18:15 - 19:15 HYROX light</p> 	<p>19:30 - 20:30 HYROX</p> 	<p>19:30 - 20:30 HYROX</p> 	<p>18:15 - 19:15 HYROX light</p> 		
	<p>19:30 - 20:30 HYROX</p> 		<p>20:30 - 21:15 Pilates</p> 	<p>19:30 - 20:30 STRENGTH</p> 		

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

Stand: 27.07.2024