

KURSPLAN



MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

09:00-10:00
MOVEMENT

09:00-10:00
MOBILITY

09:00-10:00
MOVEMENT

18:00-19:00
MOBILITY

18:00-19:00
**ATHLETIC
POWER**

18:30-19:30
MOVEMENT

17:45-18:45
MOVEMENT

18:15-19:15
**ATHLETIC
POWER**

19:15-20:15
MOVEMENT

19:15-20:15
MOVEMENT

19:00-20:00
**ATHLETIC
POWER**