

ZEITRAUM	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
7:30 - 8:30	FUNCTIONAL <i>Ausdauer</i>		FUNCTIONAL 		FUNCTIONAL 		
9:00 - 10:00	OPEN GYM		OPEN GYM		OPEN GYM		
10:00 - 11:00						FUNCTIONAL <i>Mixed</i>	FUNCTIONAL <i>Mixed</i>
11:00 - 12:00						MOBILITY	MOBILITY
12:00 - 13:00	FUNCTIONAL <i>Ausdauer</i>				FUNCTIONAL <i>Ausdauer</i>	OPEN GYM	OPEN GYM
13:00 - 14:00	OPEN GYM				OPEN GYM		
15:00 - 18:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
19:00 - 20:00	FUNCTIONAL <i>Ausdauer</i>	FUNCTIONAL <i>Kraft Oberkörper</i>	FUNCTIONAL <i>Schnelligkeit</i>	FUNCTIONAL <i>Kraft Beine</i>	FUNCTIONAL <i>Ausdauer</i>		
20:15 - 21:15	EXPLOSIVE STRENGTH	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
21:15 - 22:15	OPEN GYM						