

# Kursplan 2022



9:00

Zeitraum:

15

(In Minuten)

Uhrzeit	Mo	Di	Mi	Do	Fr	Sa	So
9:00						Thomas Athletik (9:00-10:00)	
9:15							
9:30							
9:45							
10:00						Thomas Athletik (10:00-11:00)	
10:15							
10:30							
10:45							
11:00						Thomas Athletik (11:00-12:00)	
11:15							
11:30							
11:45							
12:00							
17:00							
17:15							
17:30	BGM extern (17:15-18:15)	Luisa Mobility Online (17:30-18:30)		BGM extern (17:15-18:15)			
17:45							
18:00							
18:15					Christian Performance Training (18:00-19:00)		
18:30		Luisa Mobility (18:30-19:30)	Maximilian Coretraining Kraftausdauer (Online) (18:30-19:30)				
18:45							
19:00					Train the Trainer (Nur Trainer) (19:00-20:30)		
19:15							
19:30							
19:45							
20:00							
20:15							
20:30							
20:45							
21:00							