



# SYNRGY Programm

Uhrzeit/Tage	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00							
09:00							
10:00							
11:00	Synrgy - Core	Synrgy - Kraft- Ausdauer	Synrgy - Power	Synrgy - Koordination	Synrgy - Mobility		
12:00							Synrgy - Mix it up
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00	Synrgy - Core	Synrgy - Kraft- Ausdauer	Synrgy - Power	Synrgy - Koordination	Synrgy - Mobility		
20:00							
21:00							
22:00							