



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 - Koordination	Synrgy - Mobility				
12:00									Synrgy - Mix it up
13:00									
14:00									
15:00									
16:00					SYNRGY Kids 9-13J				
17:00									
18:00									
19:00	Synrgy - Core	Synrgy - Kraft- Ausdauer	Synrgy - Power	Synrgy - Koordination	Synrgy - Mobility				
20:00									
21:00									
22:00									