



GRENCHEN

ZEITEN	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
VORMITTAG							
06.30 – 07.00	XCIRCLE		XSTRONG		XCIRCLE		
09.00 – 09.35		XSTRONG				XCIRCLE	
09.45 – 10.20						XSTRONG	
MITTAG							
12.15 – 12.50		XSTRONG		XSTRONG			
ABEND							
17.30 – 18.00		XSTRONG		XCIRCLE			
LEGENDE	XSTRONG: KRAFT TRAINING		XCIRCLE: KRAFT & AUSDAUER INTERVALLTRAINING				