Wochenübersicht:

Kursplan Core Sportclub Darmstadt 2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07.00 - 08.00			Base - Fitness		Base - Fitness		
08.00 - 09.00	Base - Fitness				Base - Fitness		
09.15 - 10.15	Base - Fitness				Base - Fitness		
10.00 - 11-00						Base - Fitness	
12.00 - 13.00						Base - Fitness	
16.00 - 17.00					Base - Fitness		
17.00 - 18.00	Base - Fitness	Base - Fitness	Base - Fitness	Base - Fitness	Base - Fitness / Kettlebell by RKC		
18.00 - 19.00	Base - Fitness / Kettlebell by RKC	Base - Fitness / On Ramp	Base - Fitness / Kettlebell by RKC	Base - Fitness / On Ramp	Base - Fitness / Kettlebell by RKC		Yoga
19.00 - 20.00	Base - Fitness / Kettlebell by RKC	Base - Fitness	Base - Fitness / Kettlebell by RKC	Base - Fitness	Base - Fitness		
20.00 - 21.00	Base - Fitness	Base - Fitness	Base - Fitness	Base - Fitness	Base - Fitness		