# PhysiotrainingNoll – Zeiten betreutes & freies Training

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Sonntag |
|---|---|---|---|---|---|
| 8:15–9:15<br>**Physio-Training** | 8:30–9:30<br>**Physio-Training** | 8:30–9:30<br>**Physio-Training** | 8:00–9:00<br>**FREIES Training** | 8:15–9:15<br>**Physio-Training** | |
| 9:30–10:30<br>**Physio-Training** | | | 9:00–10:00<br>**Physio-Training** | 9:15–10:15<br>**Physio-Training** | 9:30–13:00<br>**FREIES Training** |
| 10:30–11:30<br>**FREIES Training** | 10:00–11:00<br>**Physio-Training** | 10:15–11:15<br>**Physio-Training** | 10:00–11:00<br>**FREIES Training** | 10:15–14:00<br>**FREIES Training** | |
| | 11:00–12:30<br>**FREIES Training** | | 11:00–12:00<br>**Physio-Training** | | |
| 12:30–16:00<br>**FREIES Training** | | 12:30–13:30<br>**FREIES Training** | | | |
| | | 13:30–14:30<br>**Physio-Training** | | 14:00–15:00<br>**Physio-Training** | **Bitte zum betreuten Training anmelden über die App oder im Web unter bit.ly/mysports-gpn** |
| | 15:30–16:30<br>**Physio-Training** | 15:30–17:45<br>**FREIES Training** | 15:30–16:30<br>**Physio-Training** | 15:00–16:15<br>**FREIES Training** | |
| 16:00–17:00<br>**Physio-Training** | 16:30–17:30<br>**FREIES Training** | | 16:30–18:00<br>**FREIES Training** | 16:15–17:15<br>**Physio-Training** | |
| 17:00–18:00<br>**FREIES Training** | 17:30–18:30<br>**Physio-Training** | | | | |
| 18:00–19:00<br>**Physio-Training** | 18:30–20:00<br>**FREIES Training** | 17:45–18:45<br>**Physio-Training** | 18:00–19:00<br>**Physio-Training** | | |
| 19:00–20:00<br>**FREIES Training** | | 19:00–20:00<br>**Physio-Training** | 19:00–20:00<br>**Physio-Training** | | |

Gültig ab: 27.07.26 Änderungen vorbehalten. Stand: 2.07.26