

nHourly Program - 1 week (Fall)

	Monday	Tuesday	Wednesday	Thursday	Friday
Stadium Group A 40 men	10 min. calisthenics and running 20 min. Touchfootball	10 min. calisthenics and running Tennis, handball, eq., hiking, obstacle race, relays, low org. games.	Same as Mon.	Same as Tues.	Same as Mon.
Stadium Group B 40 men	10 min. calisthenics and cond. Tennis, handball, eq., hiking, obstacle race, relay races.	10 min. calisthenics and running 20 min. Touchfootball	Same as Mon.	Same as Tues.	Same as Tues.
Audit. Group 40 men	10 min. Calisthenics and running Touchfootball	Same as Monday	Same as Monday	Same as Monday	10 min. Calisthenics Tennis, handball, eq. hiking, obstacle race relay races, low org. games.
Rob. Gym. Group A 40 men	10 min. calisthenics and running 20 min. Touchfootball	10 min. calisthenics and running Tennis, handball, eq., hiking, obstacle races, relay races, low org. games, etc.	Same as Monday	Same as Tues.	Same as Mon.
Rob. Gym. Group B 40 men	10 min. calisthenics and running Tennis, handball, equitation, hiking, obstacle races, relay races, etc.	10 min. calisthenics and running 20 min. Touchfootball	Same as Monday	Same as Tuesday	Same as Mon.

Swimming T-T  
For elem. swimmers  
from all classes

Swimming T-T  
For elem. swimmers  
from all classes