

## Training der SG Adelsberg

| Wochenplan |  | 1. Semester |             |             |             |             |             |             |
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| Wochenplan |  | 1. Semester |             |             |             |             |             |             |
| Wochenplan |  | 1. Semester |             |             |             |             |             |             |
| Wochenplan |  | 1. Semester |             |             |             |             |             |             |
| Wochenplan |  | 1. Semester | 2. Semester | 3. Semester | 4. Semester | 5. Semester | 6. Semester | 7. Semester |
| Wochenplan |  | 1. Semester | 2. Semester | 3. Semester | 4. Semester | 5. Semester | 6. Semester | 7. Semester |
| Wochenplan |  | 1. Semester |             |             |             |             |             |             |
| Wochenplan |  | 1. Semester |             |             |             | 2. Semester |             |             |
| Wochenplan |  | 1. Semester | 2. Semester | 3. Semester | 4. Semester | 5. Semester | 6. Semester | 7. Semester |
| Wochenplan |  | 1. Semester |             |             |             |             |             |             |
| Wochenplan |  | 1. Semester |             |             |             |             |             |             |
| Wochenplan |  | 1. Semester | 2. Semester | 3. Semester | 4. Semester | 5. Semester | 6. Semester | 7. Semester |