

# Sportprogramm Juventus Schule Zürich MPA

eventsport.ch

| Montag | Gruppe 1      | Gruppe 2 | Gruppe 3 | Gruppe 4    | Gruppe 5   | Gruppe 20     | Gruppe 22     | Gruppe 21     | Gruppe 23     | Gruppe 10      |         |  |  |  |  |  |  |  |  |  |
|--------|---------------|----------|----------|-------------|------------|---------------|---------------|---------------|---------------|----------------|---------|--|--|--|--|--|--|--|--|--|
| 08:00  |               |          |          |             |            |               |               |               |               |                |         |  |  |  |  |  |  |  |  |  |
| 09:00  |               |          |          |             |            |               |               |               |               |                |         |  |  |  |  |  |  |  |  |  |
| 09:30  |               |          |          |             |            |               |               |               |               |                | Anreise |  |  |  |  |  |  |  |  |  |
| 10:30  |               |          |          |             |            |               |               |               |               |                |         |  |  |  |  |  |  |  |  |  |
| 12:00  |               |          |          |             |            |               |               |               |               |                |         |  |  |  |  |  |  |  |  |  |
| 12:30  | Mittagessen   |          |          |             |            |               |               |               |               |                |         |  |  |  |  |  |  |  |  |  |
| 13:45  | Treffpunkt    |          |          |             |            |               |               |               |               |                |         |  |  |  |  |  |  |  |  |  |
| 14:00  | Warm Up       |          |          |             |            |               |               |               |               |                |         |  |  |  |  |  |  |  |  |  |
| 14:15  | Unihockey     | Tennis   | Fussball | Baskett 3-3 | Volleyball | Tanzen        | Beweglichkeit | Tanzen        | Beweglichkeit | Material Check |         |  |  |  |  |  |  |  |  |  |
| 15:15  |               |          |          |             |            |               |               |               |               |                |         |  |  |  |  |  |  |  |  |  |
| 15:30  | Beweglichkeit | Baseball | Crossfit | Yoga        | Spinning   | Beweglichkeit | Tanzen        | Beweglichkeit | Tanzen        | Kletterwand    |         |  |  |  |  |  |  |  |  |  |
| 16:30  | Schluss       |          |          |             |            |               |               |               |               |                |         |  |  |  |  |  |  |  |  |  |

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| Dienstag | Gruppe 1            | Gruppe 2   | Gruppe 3      | Gruppe 4   | Gruppe 5      | Gruppe 20 | Gruppe 22 | Gruppe 21  | Gruppe 23  | Gruppe 10  |  |
|----------|---------------------|------------|---------------|------------|---------------|-----------|-----------|------------|------------|--|--|
| 08:45    | Treffpunkt          |            |               |            |               |           |           |            |            |  |  |
| 09:00    | Gemeinsames Warm Up |            |               |            |               |           |           |            |            |  |  |
| 09:30    | Rugby 7-7           | Karfraum   | Unihockey     | Tennis     | Fussball      | Tanzen    | Baseball  | Tanzen     | Basket 3-3 | Bike<br><br><br><br><br><br><br><br><br><br>Hiking |  |
| 10:30    |                     |            |               |            |               |           |           |            |            |  |  |
| 10:45    | Basket 3-3          | Volleyball | Beweglichkeit | Baseball   | Crossfit      | Tanzen    | Unihockey | Tanzen     | Fussball   |  |  |
| 11:45    | Mittagspause        |            |               |            |               |           |           |            |            |  |  |
| 13:45    | Treffpunkt          |            |               |            |               |           |           |            |            |  |  |
| 14:00    | Warm Up             |            |               |            |               |           |           |            |            |  |  |
| 14:15    | Yoga                | Spinning   | Rugby 7-7     | Kraftraum  | Unihockey     | Fussball  | Tanzen    | Basket 3-3 | Tanzen     |  |  |
| 15:15    |                     |            |               |            |               |           |           |            |            |  |  |
| 15:30    | Tennis              | Fussball   | Basket 3-3    | Volleyball | Beweglichkeit | Rugby 7-7 | Tanzen    | Unihockey  | Tanzen     |  |  |
| 16:30    | Schluss             |            |               |            |               |           |           |            |            |  |  |

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| Mittwoch | Gruppe 1            | Gruppe 2      | Gruppe 3  | Gruppe 4  | Gruppe 5   | Gruppe 20 | Gruppe 22 | Gruppe 21 | Gruppe 23 | Gruppe 10 |  |
|----------|---------------------|---------------|-----------|-----------|------------|-----------|-----------|-----------|-----------|-----------|--|
| 08:45    | Treffpunkt          |               |           |           |            |           |           |           |           |           |  |
| 09:00    | Gemeinsames Warm Up |               |           |           |            |           |           |           |           |           |  |
| 09:30    | Baseball            | Crossfit      | Yoga      | Spinning  | Rugby 7-7  | Tanzen    | Crossfit  | Tanzen    | Unihockey | Klettern  |  |
| 10:30    |                     |               |           |           |            |           |           |           |           |           |  |
| 10:45    | Karftraum           | Unihockey     | Tennis    | Fussball  | Basket 3-3 | Tanzen    | Rugby 7-7 | Tanzen    | Crossfit  |           |  |
| 11:45    | Mittagspause        |               |           |           |            |           |           |           |           |           |  |
| 13:45    | Treffpunkt          |               |           |           |            |           |           |           |           |           |  |
| 14:00    | Warm Up             |               |           |           |            |           |           |           |           |           |  |
| 14:15    | Volleyball          | Beweglichkeit | Baseball  | Crossfit  | Yoga       | Unihockey | Tanzen    | Crossfit  | Tanzen    |           |  |
| 15:15    |                     |               |           |           |            |           |           |           |           |           |  |
| 15:30    | Spinning            | Rugby 7-7     | Kraftraum | Unihockey | Tennis     | Crossfit  | Tanzen    | Fussball  | Tanzen    |           |  |
| 16:30    | Schluss             |               |           |           |            |           |           |           |           |           |  |

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| Donnerstag | Gruppe 1            | Gruppe 2    | Gruppe 3   | Gruppe 4      | Gruppe 5  | Gruppe 20 | Gruppe 22 | Gruppe 21 | Gruppe 23 | Gruppe 10 |  |
|------------|---------------------|-------------|------------|---------------|-----------|-----------|-----------|-----------|-----------|-----------|--|
| 08:45      | Treffpunkt          |             |            |               |           |           |           |           |           |           |  |
| 09:00      | Gemeinsames Warm Up |             |            |               |           |           |           |           |           |           |  |
| 09:30      | Fussball            | Baskett 3-3 | Volleyball | Beweglichkeit | Baseball  | Tanzen    | wish list | Tanzen    | wish list | Klettern  |  |
| 10:30      |                     |             |            |               |           |           |           |           |           |           |  |
| 10:45      | Crossfit            | Yoga        | Spinning   | Rugby 7-7     | Karfraum  | Tanzen    | wish list | Tanzen    | wish list |           |  |
| 11:45      | Mittagspause        |             |            |               |           |           |           |           |           |           |  |
| 13:45      | Treffpunkt          |             |            |               |           |           |           |           |           |           |  |
| 14:00      | Warm Up             |             |            |               |           |           |           |           |           |           |  |
| 14:15      | wish list           | wish list   | wish list  | wish list     | wish list | wish list | Tanzen    | wish list | Tanzen    |           |  |
| 15:15      |                     |             |            |               |           |           |           |           |           |           |  |
| 15:30      | wish list           | wish list   | wish list  | wish list     | wish list | wish list | Tanzen    | wish list | Tanzen    |           |  |
| 16:30      | Schluss             |             |            |               |           |           |           |           |           |           |  |

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| Freitag | Gruppe 1            | Gruppe 2 | Gruppe 3 | Gruppe 4 | Gruppe 5 | Gruppe 20 | Gruppe 22 | Gruppe 21 | Gruppe 23 | Gruppe 10 |           |  |  |  |  |  |  |  |  |  |
|---------|---------------------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|--|--|--|--|--|--|--|--|--|
| 08:45   | Treffpunkt          |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |
| 09:00   | Gemeinsames Warm Up |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |
| 09:30   |                     |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |
| 10:30   |                     |          |          |          |          |           |           |           |           |           | ?         |  |  |  |  |  |  |  |  |  |
| 10:45   |                     |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |
| 11:45   | Mittagspause        |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |
| 13:45   |                     |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |
| 14:00   |                     |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |
| 14:15   |                     |          |          |          |          |           |           |           |           |           | Rückreise |  |  |  |  |  |  |  |  |  |
| 15:15   |                     |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |
| 15:30   |                     |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |
| 16:30   |                     |          |          |          |          |           |           |           |           |           |           |  |  |  |  |  |  |  |  |  |