

# MH76 Training KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00	Easy TRX 10:00-10:55 Paul						
10:30							
11:00							
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							Capoeira for Kids 16:00-16:55 René
16:30							
17:00			Capoeira for Kids 17:00-17:55 René		Yoga 75 min 17:00-18:15 Elly		Capoeira 17:00-18:30 René
17:30							
18:00	Bodywork 18:00-18:55 Ahmet		Pilates 18:10-19:10 Ulrike	TRX Core & More 18:00-18:55 Paul			
18:30							
19:00					Bodywork 19:00-19:55 Ahmet		
19:30	Peach Perfect 19:30-20:25 Marie	Peach Perfect 19:30-20:25 Marie	Capoeira 19:30-21:00 René	Peach Perfect 19:30-20:25 Marie			
20:00							
20:30							