

# MH76 Training KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
7:30				OUTDOOR**: Good Morning Margareten Paul 07:30-08:25				
8:00								
8:30								
9:00								
9:30	Easy TRX 09:30-10:25 Paul							
10:00								
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 für Kids 16:00-16:55 René				
16:30								
17:00								
17:30								
18:00	Bodywork 18:00-18:55 Ahmet		OUTDOOR*: Beach Body Project 18:00-18:55 Paul		Bodywork 18:00-18:55 Ahmet			
18:30								
19:00								

MH76 Training | Mariahilferstraße 76/29 | 1070 Wien | [www.mh76training.at](http://www.mh76training.at)

\* im Prater

\*\* im Willi Frank Park