

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	Hula Hoop 17:00-18:25 Astrid						
17:30							
18:00					Bodywork 18:00-18:55 Ahmet		Pump 18:00-18:55 Sabine
18:30	Bodywork 18:30-19:25 Ahmet	Bodydrill 18:30-19:25 Sabine	OUTDOOR*: Beach Body Project 18:00-18:55 Paul				
19:00							
19:30							

MH76 Training | Mariahilferstraße 76/29 | 1070 Wien | www.mh76training.at

* im Prater

** im Willi Frank Park