

# MH76 Training KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
7:30									
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			Pilates 18:10-19:10 Ulli	TRX, Core & More 18:00-18:55 Paul	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							
19:00									
19:30									