

# MH76 Training KURSPLAN

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag		
7:30									
8:00									
8:30									
9:00									
9:30	<b>Easy TRX</b> 09:30-10:25 Paul								
10:00									
10:30									
11:00									
11:30									
12:00									
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14:00									
14:30									
15:00									
15:30									
16:00									
16:30									
17:00									
17:30									
18:00				<b>TRX, Core &amp; More</b> 18:00-18:55 Paul	<b>Bodywork</b> 18:00-18:55 Ahmet		<b>Pump</b> 18:00-18:55 Sabine		
18:30	<b>Bodywork</b> 18:30-19:25 Ahmet	<b>Bodydrill</b> 18:30-19:25 Sabine							
19:00									
19:30									