

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 | | | | | | | |
| 16:30 | | | | | | | |
| 17:00 | | | | | | | |
| 17:30 | | | | | | | |
| 18:00 | | | Sonnwend Bootcamp* | | Bodywork | | |
| 18:30 | Bodywork | Bodydrill | 18:00-18:55 | | 18:00-18:55 | | |
| 19:00 | 18:30-19:25 Ahmet | 18:30-19:25 Sabine | Paul | | Ahmet | | |
| 19:30 | | | | | | | |

*im Helmut-Zilk-Park

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