

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		Functional Bodywork 17:30-18:25 Paul					
17:30							
18:00					Bodywork 18:00-18:55 Ahmet		
18:30	Bodywork 18:30-19:25 Ahmet	Bodydrill 18:30-19:25 Sabine					
19:00							
19:30							