

Stand: Januar 2015

Belegungsplan Trainingshalle



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
07:00						
07:30						
08:00						
08:30						
09:00						
09:30						
10:00						
10:30						
11:00		Muay Thai				
11:30		Muay Thai				
12:00	Diamond Cross	Muay Thai		Diamond Cross		Thai Fit
12:30	Diamond Cross			Diamond Cross		Thai Fit
13:00						
13:30						Muay Thai
14:00						Muay Thai
14:30						
15:00					Funktionales Training	Diamond Cross
15:30					Funktionales Training	Diamond Cross
16:00			Reaktiv Fitness (1)	Rückentraining (1)		
16:30			Reaktiv Fitness (1)	Rückentraining (1)	Flexx-Concept	
17:00		Rückentraining (2)			Flexx-Concept	
17:30		Rückentraining (2)		Reaktiv Fitness (2)	Flexx-Concept	
18:00	Reaktiv Fitness (1)			Reaktiv Fitness (2)	Flexx-Concept	
18:30	Reaktiv Fitness (1)	Diamond Cross			Flexx-Concept	
19:00		Diamond Cross				
19:30	Muay Thai		Muay Thai		Muay Thai	
20:00	Muay Thai	Flexx-Concept	Muay Thai	Flexx-Concept	Muay Thai	
20:30	Muay Thai	Flexx-Concept	Muay Thai	Flexx-Concept	Muay Thai	
21:00	Muay Thai	Flexx-Concept	Muay Thai	Flexx-Concept	Muay Thai	
21:30		Flexx-Concept		Flexx-Concept		
22:00						