

# Trainingsplan 2022

WANN	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<b>MORGEN</b>	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Training Kurse Seminare Schulungen Lehrgänge	Training Kurse Seminare Schulungen Lehrgänge
<b>MITTAG</b>			12:00 - 12:45 h <b>Lunch Workout</b>				
<b>NACHMITTAG</b>	13:00 - 18:00 Gym geschlossen	13:00 - 18:00 Gym geschlossen	13:00 - 18:00 Gym geschlossen	13:00 - 18:00 Gym geschlossen	13:00 - 18:00 Gym geschlossen		
<b>ABEND</b>							
	18:30 - 19:15 h <b>Even Workout</b>	18:30 - 19:30 h <b>Self-Defense Krav Maga</b>	18:00 - 19:15 h <b>Junior-Kickboxing</b> <small>Ab Schuleintritt - 14 J.</small>	18:30 - 19:30 h <b>Self-Defense Krav Maga</b>	18:30 - 19:15 h <b>Even Workout</b>		
	19:30 - 21:00 h <b>Thai-Kickboxing Beginner</b>	19:30 - 21:00 <b>Thai-Kickboxing Advanced</b>	20:00 - 21:15 h <b>Fit-Kickboxing Women</b>	19:30 - 21:00 h <b>Thai-Kickboxing Beginner</b>	19:30 - 21:00 <b>Thai-Kickboxing Advanced</b>		