

# Kursplan: Trainingsbereich

06.07.2020 - 12.07.2020

Make Fit Company  
 Darmstädter Straße 1  
 64354 Reinheim  
 06162 6111  
 make.fit-klaus@t-online.de



Montag 06.07.2020	Dienstag 07.07.2020	Mittwoch 08.07.2020	Donnerstag 09.07.2020	Freitag 10.07.2020	Samstag 11.07.2020	Sonntag 12.07.2020
08:30 - 09:45 Training	09:30 - 10:45 Training	08:30 - 09:45 Training	09:30 - 10:45 Training	08:30 - 09:45 Training	10:00 - 11:15 Training	09:00 - 10:15 Training
10:00 - 11:15 Training	11:00 - 12:15 Training	10:00 - 11:15 Training	11:00 - 12:15 Training	10:00 - 11:15 Training	11:30 - 12:45 Training	10:30 - 11:45 Training
11:30 - 12:45 Training	12:30 - 13:45 Training	11:30 - 12:45 Training	12:30 - 13:45 Training	11:30 - 12:45 Training	13:00 - 14:15 Training	12:00 - 13:15 Training
13:00 - 14:15 Training	14:00 - 15:15 Training	13:00 - 14:15 Training	14:00 - 15:15 Training	13:00 - 14:15 Training	14:30 - 15:45 Training	
14:30 - 15:45 Training	15:30 - 16:45 Training	14:30 - 15:45 Training	15:30 - 16:45 Training	14:30 - 15:45 Training	16:00 - 17:15 Training	
16:00 - 17:15 Training	17:00 - 18:15 Training	16:00 - 17:15 Training	17:00 - 18:15 Training	16:00 - 17:15 Training		
17:30 - 18:45 Training	18:30 - 19:45 Training	17:30 - 18:45 Training	18:30 - 19:45 Training	17:30 - 18:45 Training		
19:00 - 20:15 Training	20:00 - 21:15 Training	19:00 - 20:15 Training	20:00 - 21:15 Training	19:00 - 20:15 Training		
20:30 - 21:45 Training		20:30 - 21:45 Training		20:30 - 21:45 Training		

- Ausdauer
- Gesundheit
- Kraft
- Milon
- Sauna
- Trainingsfläche
- Trainingsfläche

Stand: 12.07.2020