

Kursplan: Trainingsbereich

14.06.2021 - 20.06.2021

Make Fit
 Darmstädter Straße 1
 64354 Reinheim
 06162 6111
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Montag 14.06.2021	Dienstag 15.06.2021	Mittwoch 16.06.2021	Donnerstag 17.06.2021	Freitag 18.06.2021	Samstag 19.06.2021	Sonntag 20.06.2021
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: 18.06.2021