TRAININGSPLAN 2018

DANCE & FIGHT

Zeit	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
	RAUM 1	RAUM 2	RAUM 1	RAUM 2	RAUM 1	RAUM 2	RAUM 1	RAUM 2	RAUM 1	RAUM 2
15.00		15.00-16.00 capoeira kids 4-6		15.00-16.00 capoeira kids 5-8		15.00-16.00 capoeira kids 4-7	09.00-10.30 Medical Fitness	15.00-16.00 capoeira kids 3-6		15.00-16.00 capoeira kids 3-5
16.00							10.30-11.30 Rücken Training			
16.00		16.00-17.00 capoeira kids 6-9		16.00-17.00 capoeira kids 7-9		16.00-17.00 capoeira kids 7-9		16.00-17.00 capoeira kids 3-5		16.00-17.00 capoeira kids 6-8
17.00	17.30-19.00 Medical Fitness	17.00-18.00 capoeira kids ab 9		17.00-18.00 capoeira kids 10-14		17.00-18.00 capoeira kids ab 9		17.00-18.00 capoeira kids 4-8		17.00-18.00 capoeira kids 9-14
18.00				18.00-19.00 capoeira kids 6-9						18.00-19.00 capoeira kids 6-9
19.00		18.30-20.00 capoeira Erwachene		19.00-20.00 Pilates		18.30-20.00 capoeira Erwachene		18.30-19.30 Capoeira Fitness	18.30-21.00 SocialDance West Coast Swing	19.00-20.30 capoeira Erwachene
20.00	19.00-21.00 Bollywood Arts							20.30-22.00 SOUL DANCE		
21.00										
22.00										