

KURSPLAN MPC

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	9:00 - 10:00 Functional Training		9:00 - 10:00 Functional Training		
					10:00 - 11:30 Open Gym
			16:00 - 17:30 Open Gym		11:30 - 12:30 Pilates
	16:00 - 17:30 Open Gym	17:00 - 18:00 Functional Training	17:30 - 18:45 Boxen (Geplant)	16:30 - 17:30 CrossAthletics	
17:00 - 18:00 Functional Training	17:45 - 19:00 CrossAthletics MMAthletics	18:00 - 19:00 Mobility	18:45 - 19:45 Functional Training	18:00 - 19:00 Functional Training	
18:15 - 19:30 CrossAthletics	19:00 - 20:00 Functional Training	19:15 - 20:15 CrossAthletics	19:45 - 20:45 CrossAthletics MMAthletics	19:15 - 20:15 CrossAthletics	
19:30 - 20:45 CrossAthletics	20:15 - 21:15 CrossAthletics	20:30 - 21:30 Functional Training			

Pilates:
Level 1

Functional Training:
Level 2

CrossAthletics:
Level 3

Mmathletics: Level 3