

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 |
| 16:30 - 17:30 Functional Training | 16:00 - 17:30 Open Gym | 17:00 - 18:00 Functional Training | 17:30 - 18:45 Kickboxen Anfänger | 16:30 - 17:30 CrossAthletics | |
| 17:30 - 18:30 Functional Training | 17:45 - 19:00 CrossAthletics MMAthletics | 18:00 - 19:00 Mobility Workshop | 18:45 - 19:45 Functional Training | 18:00 - 19:00 Functional Training | |
| 18:45 - 20:00 CrossAthletics | 19:00 - 20:00 Functional Training | 19:15 - 20:15 CrossAthletics | 19:45 - 20:45 CrossAthletics MMAthletics | 19:15 - 20:15 CrossAthletics | |
| 20:00 - 21:15 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