

CAPOEIRA STUNDENPLAN

AB 15.01.2024



UHRZEIT	MONTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
10:00	PROJEKT / PERSONAL TRAINING	PROJEKT	PROJEKT / PERSONAL TRAINING	PROJEKT / PERSONAL TRAINING	CAPOEIRA BASIC 1. ALLE
12:00					CAPOEIRA TEAM WORLD
13:00					
14:00					
15:00			PROJEKT		
16:00	CAPOEIRA AB 4	CAPOEIRA AB 7	PROJEKT	CAPOEIRA AB 4	
17:00	CAPOEIRA AB 7	CAPOEIRA AB 10	CAPOEIRA AB 13	CAPOEIRA AB 7	
18:00	TEAM WORLD FREIES TRAINING	PROJEKT / PERSONAL TRAINING	THAIBOBEN AB 13	TEAM WORLD FREIES TRAINING	
19:00	CAPOEIRA BASIC 1. ALLE	CAPOEIRA BASIC 1.2 ALLE	CAPOEIRA BASIC 1. ALLE	CAPOEIRA BASIC 1.2 ALLE	
20:30	PROJEKT / PERSONAL TRAINING	PROJEKT / PERSONAL TRAINING	PROJEKT / PERSONAL TRAINING	EVENTS 2XMONAT	

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