

# MOVEMENTLAB

# Stundenplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:00 - 10:00					Ü60-Legends	Capacity
10:00 - 11:00					Women Power	Schnupperlektion
12:00 - 12:50		Capacity			Capacity	
16:30 - 17:30					Capacity	
17:30 - 18:30	Bodyweight	Capacity	Strength	Capacity	Strength	
18:30 - 19:30	Capacity	Olympic Lifting	Capacity	Handstand		

November 2022