

## Traning Schedure 2023

Professional 1	
Day	Time
Monday	
Tuesday	15:00 - 16:00
Wednesday	
Thursday	15:00 - 16:00
Friday	
Saturday	16:00 - 17:00
Sunday	16:00 - 17:00

Professional 2	
Day	Time
Monday	
Tuesday	17:00-18:00
Wednesday	
Thursday	17:00-18:00
Friday	
Saturday	17:00-18:00
Sunday	17:00-18:00

Professional 3	
Day	Time
Monday	15:00 - 16:00
Tuesday	
Wednesday	15:00 - 16:00
Thursday	
Friday	15:00 - 16:00
Saturday	
Sunday	15:00 - 16:00

Begginer 1	
Day	Time
Monday	
Tuesday	16:00 - 17:00
Wednesday	
Thursday	16:00 - 17:00
Friday	
Saturday	
Sunday	

Begginer 2	
Day	Time
Monday	16:00 - 17:00
Tuesday	
Wednesday	16:00 - 17:00
Thursday	
Friday	16:00 - 17:00
Saturday	
Sunday	

Begginer 3	
Day	Time
Monday	17:00-18:00
Tuesday	
Wednesday	17:00-18:00
Thursday	
Friday	17:00-18:00
Saturday	
Sunday	

Fithness 1	
Day	Time
Monday	18:00 - 19:00
Tuesday	
Wednesday	18:00 - 19:00
Thursday	
Friday	18:00 - 19:00
Saturday	
Sunday	

Fithness 2	
Day	Time
Monday	
Tuesday	18:00 - 19:00
Wednesday	
Thursday	18:00 - 19:00
Friday	
Saturday	
Sunday	18:00 - 19:00

Fithness 3	
Day	Time
Monday	
Tuesday	19:00 - 20:00
Wednesday	
Thursday	19:00 - 20:00
Friday	
Saturday	15:00 - 16:00
Sunday	