

TRAININGSPLAN **DÜSSELDORF**

2019

● Open Class

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG |
|--------|----------|-----------------------------------|------------|---------|-----------------------------------|
| | | ● 19:00 - 20:30 Uhr Open Class | | | ● 10:30 - 12:00 Uhr Open Class |