

## Trainingsorte

### MÜNCHEN SCHWABING 1

Kathi-Kobus-Straße 15, 80797 München

### MÜNCHEN SCHWABING 2

Hiltenspergerstraße 9, 80798 München

### MÜNCHEN WESTEND

Heimeranplatz–Anglerstraße 6, 80339 München

### PHORMS CAMPUS BOGENHAUSEN

Maria-Theresia-Straße 35, 81675 München

## Trainingsplan

| Uhrzeit           | Montag  | Dienstag   | Mittwoch  | Donnerstag  | Freitag   | Samstag   | Sonntag                               |
|-------------------|---|--|---|---|---|---|---------------------------------------|
| 10:00 – 11:00 Uhr |   | Capoeira Adults<br>alle Level <b>geplant</b><br><i>Schwabing 1</i> |   |   |   | Einsteigerkurs<br>nach Termin-<br>absprache<br><i>Schwabing 1</i> |                                       |
| 14:00 – 15:00 Uhr |   |  |   |   |   |   | Freies Training<br><i>Schwabing 1</i> |
| 15:00 – 16:00 Uhr |   | Capoeira Minis<br>(4-6 J.)<br><i>Schwabing 2</i>                   |   | Capoeira Minis<br>(4-6 J.)<br><i>Schwabing 2</i>    |   |   |                                       |
| 16:00 – 17:00 Uhr | Capoeira Kids<br>(5-8 J.) <b>(geplant)</b><br><i>Schwabing 1</i>  | Capoeira Kids<br>(7-9 J.)<br><i>Schwabing 2</i>                    | Capoeira Kids<br>(5-8 J.) <b>geplant</b><br><i>Westend</i>      | Capoeira Kids<br>(7-9 J.)<br><i>Schwabing 2</i>     | Capoeira Kids<br>Elite<br><i>Phorms Campus</i>      |   |                                       |
| 17:00 – 18:00 Uhr | Capoeira Kids Elite<br><i>Schwabing 1</i><br>Capoeira Kids<br>(5-8 J.) <b>(geplant)</b><br><i>Westend</i> | Capoeira Teens<br>(10-14 J.)<br><i>Schwabing 2</i>                 | Capoeira Teens<br>(9-12 J.) <b>geplant</b><br><i>Westend</i>    | Capoeira Teens<br>(10-14 J.)<br><i>Schwabing 2</i>  | Capoeira Kids<br>(7-9 J.)<br><i>Westend</i>         |   |                                       |
| 18:00 – 19:00 Uhr | Capoeira Adults<br>alle Level<br><i>Schwabing 1</i><br>Capoeira Adults<br>alle Level<br><i>Westend</i>    | Capoeira Adults<br>alle Level<br><i>Schwabing 1</i>                | Capoeira Adults<br>alle Level<br><i>Westend</i>                 | Capoeira Adults<br>alle Level<br><i>Schwabing 1</i> | Capoeira Musik<br>alle Level<br><i>Schwabing 1</i>  |   |                                       |
| 19:00 – 20:00 Uhr | Capoeira Adults<br>Fortgeschritten<br><i>Schwabing 1</i>  |  | Capoeira Adults<br>(Stretching)<br>alle Level<br><i>Westend</i> |   | Capoeira Adults<br>alle Level<br><i>Schwabing 1</i> |   |                                       |
| 20:00 – 21:00 Uhr |   |  |   |   |   |   |                                       |