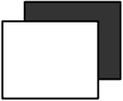
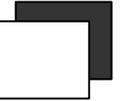
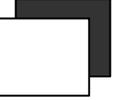
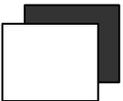
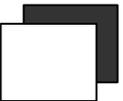
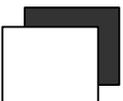
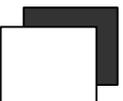
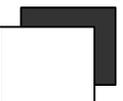


Trainingsplan

Zielsetzung für diesen Abschnitt: _____

KW	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
							
							
							
							

Privatstunde	Choreographie Technik Ausdruck Rythmik & Durchgängigk.
Gruppentraining	Latein Standard
Freitraining	Technik Kondition Durchgängigkeit Ausdruck Rythmik
Sondertraining	Kondition Dehnung Vorstellung