

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 TEAMTRAINING CIRCUIT 09:30 - 09:45 WOMEN	 TEAMTRAINING CIRCUIT 09:30 - 09:45 WOMEN		 TEAMTRAINING CIRCUIT 09:30 - 09:45 WOMEN			
 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING MOBILITY 10:00 - 10:20	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING MOBILITY 10:00 - 10:20	 TEAMTRAINING CIRCUIT 10:00 - 10:15 WOMEN		 TEAMTRAINING BEINE UND PO 10:00 - 10:20
 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING STRETCH 10:20 - 10:30	 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING STRETCH 10:20 - 10:30	 TEAMTRAINING BAUCH 10:30 - 10:50		 TEAMTRAINING BAUCH 10:30 - 10:50
 TEAMTRAINING STRETCH 10:50 - 11:00		 TEAMTRAINING STRETCH 10:50 - 11:00		 TEAMTRAINING BEINE UND PO 11:00 - 11:20		 TEAMTRAINING RÜCKEN 11:00 - 11:20
				 TEAMTRAINING RÜCKEN 11:30 - 11:50		 TEAMTRAINING STRETCH 11:20 - 11:30
				 TEAMTRAINING STRETCH 11:50 - 12:00		
						 TEAMTRAINING STRETCH 13:20 - 13:30
 TEAMTRAINING BAUCH 17:00 - 17:20		 TEAMTRAINING TRX 17:00 - 17:30	 TEAMTRAINING CIRCUIT 17:00 - 17:15 WOMEN	 TEAMTRAINING TRX 17:00 - 17:30		
 TEAMTRAINING TRX 17:30 - 18:00	 TEAMTRAINING CIRCUIT 17:30 - 17:45 WOMEN	 TEAMTRAINING BEINE UND PO 17:30 - 17:50	 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING BAUCH 17:30 - 17:50		
 TEAMTRAINING TRX MOBILITY 18:00 - 18:20	 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING RÜCKEN 18:00 - 18:20	 TEAMTRAINING STRETCH 17:50 - 18:00		
 TEAMTRAINING BAUCH 18:30 - 18:50	 TEAMTRAINING RÜCKEN 18:30 - 18:50	 TEAMTRAINING STRETCH 18:20 - 18:30				
	 TEAMTRAINING STRETCH 18:50 - 19:00					
 TEAMTRAINING STRETCH 19:55 - 20:05		 TEAMTRAINING STRETCH 20:25 - 20:35				