

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING RÜCKEN 10:00 - 10:20	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING CIRCUIT 10:00 - 10:15	 TEAMTRAINING TRX 10:00 - 10:30
 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING CIRCUIT 10:30 - 10:45	 TEAMTRAINING BEINE UND PO 10:30 - 10:50	 TEAMTRAINING BAUCH 10:30 - 10:50	 TEAMTRAINING CIRCUIT 10:30 - 10:45	 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING BAUCH 10:30 - 10:50
 TEAMTRAINING CIRCUIT 11:00 - 11:15		 TEAMTRAINING CIRCUIT 11:00 - 11:15	 TEAMTRAINING CIRCUIT 11:00 - 11:15	 TEAMTRAINING FASZIENTRAINING 11:00 - 11:20	 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING FASZIENTRAINING 11:00 - 11:20
					 TEAMTRAINING STRETCH 11:55 - 12:05	
		 TEAMTRAINING BAUCH 16:30 - 16:50				
 TEAMTRAINING BAUCH 17:00 - 17:20		 TEAMTRAINING RÜCKEN 17:00 - 17:20		 TEAMTRAINING BAUCH 17:00 - 17:20		
	 TEAMTRAINING RÜCKEN 17:30 - 17:50	 TEAMTRAINING TRX 17:30 - 18:00	 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING BEINE UND PO 17:30 - 17:50		
 TEAMTRAINING TRX 18:30 - 19:00	 TEAMTRAINING BAUCH 18:00 - 18:20		 TEAMTRAINING RÜCKEN 18:00 - 18:20	 TEAMTRAINING RÜCKEN 18:00 - 18:20		
 TEAMTRAINING STRETCH 19:00 - 19:10	 TEAMTRAINING TRX 18:30 - 19:00	 TEAMTRAINING STRETCH 18:55 - 19:05				
	 TEAMTRAINING STRETCH 19:00 - 19:10					
			 TEAMTRAINING STRETCH 19:55 - 20:05			