












































MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING BAUCH 10:30 - 10:50		
 TEAMTRAINING CIRCUIT <b>WOMEN</b> 11:00 - 11:15	 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING CIRCUIT <b>WOMEN</b> 11:00 - 11:15		 TEAMTRAINING RÜCKEN 11:00 - 11:20	 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING STRETCH 11:00 - 11:10
 TEAMTRAINING BAUCH 11:30 - 11:50				 TEAMTRAINING STRETCH 11:20 - 11:30		 TEAMTRAINING RÜCKEN 11:30 - 11:50
 TEAMTRAINING FASZIENTRAINING 12:00 - 12:20		 TEAMTRAINING CIRCUIT <b>WOMEN</b> 12:30 - 12:45	 TEAMTRAINING FASZIENTRAINING 12:00 - 12:20		 TEAMTRAINING BAUCH 12:30 - 12:50	 TEAMTRAINING TRX 12:00 - 12:30
 TEAMTRAINING STRETCH 13:00 - 13:10						 TEAMTRAINING BAUCH 12:30 - 12:50
	 TEAMTRAINING BAUCH 17:00 - 17:20			 TEAMTRAINING BAUCH 17:00 - 17:20		
 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING RÜCKEN 17:30 - 17:50	 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING RÜCKEN 17:30 - 17:50		
 TEAMTRAINING RÜCKEN 18:00 - 18:20	 TEAMTRAINING MOBILITY 18:00 - 18:20		 TEAMTRAINING STRETCH 18:20 - 18:30	 TEAMTRAINING CIRCUIT <b>WOMEN</b> 18:00 - 18:15		
 TEAMTRAINING BEINE UND PO 18:30 - 18:50	 TEAMTRAINING BAUCH 18:30 - 18:50	 TEAMTRAINING BAUCH 19:00 - 19:20	 TEAMTRAINING BAUCH 19:00 - 19:20	 TEAMTRAINING BAUCH 18:30 - 18:50		
 TEAMTRAINING BAUCH 19:30 - 19:50	 TEAMTRAINING CIRCUIT <b>WOMEN</b> 19:00 - 19:15	 TEAMTRAINING TRX 19:30 - 20:00				
 TEAMTRAINING STRETCH 20:00 - 20:10	 TEAMTRAINING STRETCH 19:50 - 20:00	 TEAMTRAINING STRETCH 20:00 - 20:10	 TEAMTRAINING STRETCH 20:30 - 20:40			
 TEAMTRAINING STRETCH 21:00 - 21:10						