

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