

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 TEAMTRAINING CIRCUIT 10:00 - 10:15	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING TRAININGSSTART 10:00 - 10:20	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING CIRCUIT 10:00 - 10:15	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING CIRCUIT 10:00 - 10:15
 TEAMTRAINING TRAININGSSTART 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 RÜCKEN 10:30 - 10:50	 TEAMTRAINING RÜCKEN 10:30 - 10:50
 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING TRAININGSSTART 11:00 - 11:20	 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING STRETCH 11:00 - 11:10	 TEAMTRAINING TRX 11:00 - 11:30	 TEAMTRAINING STRETCH 10:50 - 11:00	 TEAMTRAINING BAUCH 11:00 - 11:20
					 TEAMTRAINING TRAININGSSTART 11:30 - 11:50	 TEAMTRAINING STRETCH 11:20 - 11:30
 TEAMTRAINING BAUCH 17:00 - 17:20	 TEAMTRAINING BAUCH 17:00 - 17:20	 TEAMTRAINING BAUCH 17:00 - 17:20	 TEAMTRAINING BAUCH 17:00 - 17:20	 TEAMTRAINING BAUCH 17:00 - 17:20		
 TEAMTRAINING CIRCUIT 17:30 - 17:45	 TEAMTRAINING RÜCKEN 17:30 - 17:50	 TEAMTRAINING TRAININGSSTART 17:30 - 17:50	 TEAMTRAINING RÜCKEN 17:30 - 17:50	 TEAMTRAINING RÜCKEN 17:30 - 17:50		
 TEAMTRAINING TRX 18:00 - 18:30	 TEAMTRAINING TRX 18:00 - 18:30	 TEAMTRAINING RÜCKEN 18:00 - 18:20	 TEAMTRAINING TRX 18:00 - 18:30	 TEAMTRAINING BAUCH 18:00 - 18:20		
 TEAMTRAINING STRETCH 18:30 - 18:40	 TEAMTRAINING TRAININGSSTART 18:30 - 18:50	 TEAMTRAINING BAUCH 18:30 - 18:50	 TEAMTRAINING STRETCH 18:30 - 18:40	 TEAMTRAINING STRETCH 18:30 - 18:40		
 TEAMTRAINING BAUCH 19:00 - 19:20	 TEAMTRAINING BAUCH 19:00 - 19:20					