

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	TEAMTRAINING CIRCUIT 10:30 - 10:45 WOMEN	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:30 - 10:50		
TEAMTRAINING CIRCUIT 11:00 - 11:15 WOMEN	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING MOBILITY 10:30 - 10:50	TEAMTRAINING TRX 10:30 - 11:00	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 CIRCUIT 11:00 - 11:15 WOMEN		TEAMTRAINING STRETCH 11:20 - 11:30	TEAMTRAINING FULLBODY WORKOUT 11:30 - 11:50	TEAMTRAINING RÜCKEN 11:30 - 11:50
TEAMTRAINING FASZIENTRAINING 12:00 - 12:20	TEAMTRAINING STRETCH 12:00 - 12:10		TEAMTRAINING FASZIENTRAINING 12:00 - 12:20			TEAMTRAINING TRX 12:00 - 12:30
TEAMTRAINING STRETCH 13:00 - 13:10					TEAMTRAINING BAUCH 12:30 - 12:50	TEAMTRAINING BAUCH 12:30 - 12:50
					TEAMTRAINING STRETCH 14:00 - 14:10	
	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 RÜCKEN 18:00 - 18:20	TEAMTRAINING STRETCH 18:30 - 18:40	TEAMTRAINING FULLBODY WORKOUT 18:00 - 18:20		
TEAMTRAINING TRX 18:30 - 19:00	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 BEINE UND PO 19:00 - 19:20	TEAMTRAINING FUNCTIONAL 19:00 - 19:20	TEAMTRAINING TRX 19:30 - 20:00				
TEAMTRAINING BAUCH 19:30 - 19:50		TEAMTRAINING STRETCH 20:00 - 20:10	TEAMTRAINING STRETCH 20:30 - 20:40			
TEAMTRAINING STRETCH 20:00 - 20:10						
TEAMTRAINING STRETCH 21:00 - 21:10						