

| MONTAG                                                                                                                      | DIENSTAG                                                                                                                    | MITTWOCH                                                                                                                   | DONNERSTAG                                                                                                                    | FREITAG                                                                                                                        | SAMSTAG                                                                                                                      | SONNTAG                                                                                                                    |
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|                                                                                                                             |                                                                                                                             |                                                                                                                            |                                                                                                                               |                                                                                                                                |                                                                                                                              |                                                                                                                            |
|  TEAMTRAINING<br>CIRCUIT<br>09:00 - 09:15   |                                                                                                                             |  TEAMTRAINING<br>CIRCUIT<br>09:00 - 09:15 |                                                                                                                               |  TEAMTRAINING<br>CIRCUIT<br>09:00 - 09:15   |                                                                                                                              |                                                                                                                            |
|  TEAMTRAINING<br>BAUCH<br>10:00 - 10:20     |  TEAMTRAINING<br>BAUCH<br>10:00 - 10:20    |  TEAMTRAINING<br>RÜCKEN<br>10:00 - 10:20  |  TEAMTRAINING<br>BAUCH<br>10:00 - 10:20    |  TEAMTRAINING<br>BAUCH<br>10:00 - 10:20     |  TEAMTRAINING<br>BAUCH<br>10:00 - 10:20   |  TEAMTRAINING<br>BAUCH<br>10:00 - 10:20 |
|  TEAMTRAINING<br>STRETCH<br>10:20 - 10:30   |  TEAMTRAINING<br>RÜCKEN<br>10:30 - 10:50   |  TEAMTRAINING<br>BAUCH<br>10:30 - 10:50   |  TEAMTRAINING<br>STRETCH<br>10:20 - 10:30  |  TEAMTRAINING<br>STRETCH<br>10:20 - 10:30   |  TEAMTRAINING<br>STRETCH<br>10:20 - 10:30 |  TEAMTRAINING<br>TRX<br>10:30 - 11:00   |
|  TEAMTRAINING<br>PO<br>10:30 - 10:50        |  TEAMTRAINING<br>PO<br>11:00 - 11:20       |                                                                                                                            |  TEAMTRAINING<br>TRX<br>10:30 - 11:00      |  TEAMTRAINING<br>RÜCKEN<br>10:30 - 10:50    |  TEAMTRAINING<br>RÜCKEN<br>10:30 - 10:50  |                                                                                                                            |
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|                                                                                                                             |                                                                                                                             |                                                                                                                            |  TEAMTRAINING<br>BAUCH<br>17:00 - 17:20  |                                                                                                                                |                                                                                                                              |                                                                                                                            |
|                                                                                                                             |                                                                                                                             |  TEAMTRAINING<br>BAUCH<br>17:30 - 17:50 |  TEAMTRAINING<br>PO<br>17:30 - 17:50     |                                                                                                                                |                                                                                                                              |                                                                                                                            |
|  TEAMTRAINING<br>BAUCH<br>18:00 - 18:20   |  TEAMTRAINING<br>BAUCH<br>18:00 - 18:20  |  TEAMTRAINING<br>TRX<br>18:00 - 18:30   |                                                                                                                               |                                                                                                                                |                                                                                                                              |                                                                                                                            |
|  TEAMTRAINING<br>RÜCKEN<br>18:30 - 18:50  |  TEAMTRAINING<br>RÜCKEN<br>18:30 - 18:50 |                                                                                                                            |  TEAMTRAINING<br>RÜCKEN<br>18:30 - 18:50 |  TEAMTRAINING<br>PO<br>18:30 - 18:50      |                                                                                                                              |                                                                                                                            |
|  TEAMTRAINING<br>BAUCH<br>19:00 - 19:20   |                                                                                                                             |  TEAMTRAINING<br>BAUCH<br>19:00 - 19:20 |  TEAMTRAINING<br>BAUCH<br>19:00 - 19:20  |  TEAMTRAINING<br>BAUCH<br>19:00 - 19:20   |                                                                                                                              |                                                                                                                            |
|  TEAMTRAINING<br>STRETCH<br>19:20 - 19:30 |  TEAMTRAINING<br>BAUCH<br>19:30 - 19:50  |                                                                                                                            |                                                                                                                               |  TEAMTRAINING<br>STRETCH<br>19:20 - 19:30 |                                                                                                                              |                                                                                                                            |
|  TEAMTRAINING<br>TRX<br>19:30 - 20:00     |  TEAMTRAINING<br>STRETCH<br>19:55- 20:05 |                                                                                                                            |                                                                                                                               |                                                                                                                                |                                                                                                                              |                                                                                                                            |
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