

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