

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT 09:30 - 09:45						
TEAMTRAINING MOBILITY 10:00 - 10:20	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING BEINE UND PO 10:00 - 10:20	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING RÜCKEN 10:00 - 10:20		
TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BEINE UND PO 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	SUPERFIT RÜCKEN 10:30 - 10:50
TEAMTRAINING BEINE UND PO 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING STRETCH 10:50 - 11:00	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20
	TEAMTRAINING STRETCH 11:20 - 11:30	TEAMTRAINING TRAININGSSTART 11:00 - 11:20	TEAMTRAINING STRETCH 11:20 - 11:30	TEAMTRAINING STRETCH 11:20 - 11:30	TEAMTRAINING STRETCH 11:20 - 11:30	TEAMTRAINING STRETCH 11:20 - 11:30
TEAMTRAINING TRX MOBILITY 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 BAUCH 17:30 - 17:50	TEAMTRAINING RÜCKEN 17:30 - 17:50			
TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BEINE UND PO 18:00 - 18:20	TEAMTRAINING BEINE UND PO 18:00 - 18:20	TEAMTRAINING STRETCH 18:00 - 18:10	TEAMTRAINING TRAININGSSTART 18:00 - 18:20		
TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING TRAININGSSTART 18:30 - 18:50	TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING FUNCTIONAL 18:30 - 18:50			
TEAMTRAINING STRETCH 18:50 - 19:00		TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING SKILLETIC 19:00 - 19:20	TEAMTRAINING BAUCH 19:00 - 19:20		
		TEAMTRAINING STRETCH 19:20 - 19:30		TEAMTRAINING STRETCH 19:20 - 19:30		