

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT <b>WOMEN</b> 10:30 - 10:45	TEAMTRAINING CIRCUIT <b>WOMEN</b> 10:30 - 10:45	TEAMTRAINING CIRCUIT <b>WOMEN</b> 10:00 - 10:15	TEAMTRAINING TRX 10:30 - 11:00	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:30 - 10:50	
TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING CIRCUIT <b>WOMEN</b> 10:30 - 10:45	TEAMTRAINING RÜCKEN 11:00 - 11:20	
TEAMTRAINING RÜCKEN 11:30 - 11:50	TEAMTRAINING BAUCH 11:30 - 11:50	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING STRETCH 11:20 - 11:30	TEAMTRAINING PO 11:00 - 11:20	TEAMTRAINING TRX 11:30 - 12:00	SUPERFIT RÜCKEN 11:30 - 11:50
	TEAMTRAINING STRETCH 11:50 - 12:00	TEAMTRAINING STRETCH 11:20 - 11:30				TEAMTRAINING BAUCH 12:00 - 12:20
						TEAMTRAINING STRETCH 12:20 - 12:30
						TEAMTRAINING TRAININGSSTART 13:00 - 13:20
TEAMTRAINING TRAININGSSTART 17:30 - 17:50	TEAMTRAINING CIRCUIT <b>WOMEN</b> 17:00 - 17:15	TEAMTRAINING CIRCUIT <b>WOMEN</b> 17:30 - 17:45		TEAMTRAINING TRAININGSSTART 17:30 - 17:50		
TEAMTRAINING CIRCUIT <b>WOMEN</b> 18:00 - 18:15	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING TRAININGSSTART 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20		
TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING STRETCH 18:20 - 18:30	TEAMTRAINING RÜCKEN 18:30 - 18:50		TEAMTRAINING STRETCH 18:20 - 18:30		
TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING TRX 19:00 - 19:30				
TEAMTRAINING PO 19:30 - 19:50			TEAMTRAINING BAUCH 19:30 - 19:50			
			TEAMTRAINING STRETCH 19:50 - 20:00			