

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT <b>WOMEN</b> 09:30 - 09:45						
TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING MOBILITY 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING MOBILITY 10:00 - 10:20	TEAMTRAINING CIRCUIT <b>WOMEN</b> 10:00 - 10:15		TEAMTRAINING RÜCKEN 10:00 - 10:20
TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING STRETCH 10:20 - 10:30	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING STRETCH 10:20 - 10:30	TEAMTRAINING BAUCH 10:30 - 10:50		TEAMTRAINING BAUCH 10:30 - 10:50
TEAMTRAINING STRETCH 10:50 - 11:00		TEAMTRAINING STRETCH 10:50 - 11:00		TEAMTRAINING BEINE UND PO 11:00 - 11:20		
				TEAMTRAINING RÜCKEN 11:30 - 11:50		TEAMTRAINING MOBILITY 11:55 - 12:15
				TEAMTRAINING STRETCH 11:50 - 12:00		TEAMTRAINING STRETCH 12:15 - 12:25
TEAMTRAINING BAUCH 17:00 - 17:20		TEAMTRAINING TRX 17:00 - 17:30		TEAMTRAINING TRX 17:00 - 17:30		
TEAMTRAINING TRX 17:30 - 18:00		TEAMTRAINING BEINE UND PO 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50		
TEAMTRAINING MOBILITY 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20			
TEAMTRAINING BAUCH 18:30 - 18:50	TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING STRETCH 18:20 - 18:30	TEAMTRAINING BAUCH 18:30 - 18:50			
	TEAMTRAINING STRETCH 18:50 - 19:00					
		TEAMTRAINING STRETCH 19:30 - 19:40				
TEAMTRAINING STRETCH 19:55 - 20:05			TEAMTRAINING STRETCH 19:55 - 20:05			