SUPERFIT

EUROPA-CENTER

TEAMTRAINING

GÜLTIG AB **01.07.2026**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20				
TEAMTRAINING BAUCH 10:30 - 10:50	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 STRETCH 10:50 - 11:00	TEAMTRAINING CIRCUIT 11:00 - 11:15	TEAMTRAINING STRETCH 11:00 - 11:10		TEAMTRAINING STRETCH 10:50 - 11:00	TEAMTRAINING BAUCH 10:30 - 10:50	
				TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING TRX 11:00 - 11:30	TEAMTRAINING BAUCH 11:00 - 11:20
			TEAMTRAINING CIRCUIT 11:30 - 11:45	TEAMTRAINING CIRCUIT 11:30 - 11:45	TEAMTRAINING BAUCH 12:00 - 12:20	TEAMTRAINING MOBILITY 11:30 - 11:50
					TEAMTRAINING STRETCH 12:20 - 12:30	TEAMTRAINING BAUCH 12:30 - 12:50
TEAMTRAINING CIRCUIT 17:30 - 17:45						TEAMTRAINING STRETCH 12:50 - 13:00
TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING STRETCH 18:00 - 18:10		
TEAMTRAINING STRETCH 18:20 - 18:30	TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING STRETCH 18:20 - 18:30	TEAMTRAINING STRETCH 18:20 - 18:30	TEAMTRAINING CIRCUIT 18:30 - 18:45		
TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING STRETCH 19:00 - 19:10	TEAMTRAINING CIRCUIT 18:30 - 18:45				
	TEAMTRAINING MOBILITY 19:30 - 19:50	TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING CIRCUIT 19:00 - 19:15			
	TEAMTRAINING BAUCH 20:00 - 20:20	TEAMTRAINING BAUCH 20:00 - 20:20				