















| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---|--|--|---|--|--|---|
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|  TEAMTRAINING CIRCUIT 09:00 - 09:15 | |  TEAMTRAINING CIRCUIT 09:00 - 09:15 | |  TEAMTRAINING CIRCUIT 09:00 - 09:15 | | |
|  TEAMTRAINING BAUCH 10:00 - 10:20 |  TEAMTRAINING BAUCH 10:00 - 10:20 |  TEAMTRAINING RÜCKEN 10:00 - 10:20 |  TEAMTRAINING BAUCH 10:00 - 10:20 |  TEAMTRAINING BAUCH 10:00 - 10:20 |  TEAMTRAINING BAUCH 10:00 - 10:20 |  TEAMTRAINING BAUCH 10:00 - 10:20 |
|  TEAMTRAINING STRETCH 10:20 - 10:30 |  TEAMTRAINING STRETCH 10:20 - 10:30 |  TEAMTRAINING BAUCH 10:30 - 10:50 |  TEAMTRAINING STRETCH 10:20 - 10:30 |  TEAMTRAINING STRETCH 10:20 - 10:30 |  TEAMTRAINING STRETCH 10:20 - 10:30 |  TEAMTRAINING RÜCKEN 10:30 - 10:50 |
|  TEAMTRAINING PO 10:30 - 10:50 |  TEAMTRAINING RÜCKEN 10:30 - 10:50 | |  TEAMTRAINING TRX 10:30 - 11:00 |  TEAMTRAINING RÜCKEN 10:30 - 10:50 |  TEAMTRAINING RÜCKEN 10:30 - 10:50 |  TEAMTRAINING TRX 11:00 - 11:30 |
| |  TEAMTRAINING PO 11:00 - 11:20 | | |  TEAMTRAINING PO 11:00 - 11:20 | | |
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| | | |  TEAMTRAINING BAUCH 17:00 - 17:20 | | | |
| | |  TEAMTRAINING BAUCH 17:30 - 17:50 |  TEAMTRAINING PO 17:30 - 17:50 | | | |
|  TEAMTRAINING BAUCH 18:00 - 18:20 |  TEAMTRAINING BAUCH 18:00 - 18:20 |  TEAMTRAINING TRX 18:00 - 18:30 | | | | |
|  TEAMTRAINING RÜCKEN 18:30 - 18:50 |  TEAMTRAINING RÜCKEN 18:30 - 18:50 | |  TEAMTRAINING RÜCKEN 18:30 - 18:50 |  TEAMTRAINING RÜCKEN 18:30 - 18:50 | | |
|  TEAMTRAINING BAUCH 19:00 - 19:20 | |  TEAMTRAINING BAUCH 19:00 - 19:20 |  TEAMTRAINING BAUCH 19:00 - 19:20 |  TEAMTRAINING BAUCH 19:00 - 19:20 | | |
|  TEAMTRAINING STRETCH 19:20 - 19:30 |  TEAMTRAINING BAUCH 19:30 - 19:50 | | |  TEAMTRAINING STRETCH 19:20 - 19:30 | | |
|  TEAMTRAINING TRX 19:30 - 20:00 |  TEAMTRAINING STRETCH 19:55 - 20:05 | | | | | |
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