SUPERFIT

POTSDAM

TEAMTRAINING

GÜLTIG AB **01.07.2026**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT WOMEN 09:30 - 09:45	TEAMTRAINING CIRCUIT WOMEN 09:30 - 09:45	TEAMTRAINING CIRCUIT WOMEN 09:30 - 09:45	TEAMTRAINING CIRCUIT WOMEN 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 WOMEN 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 STRETCH 11:50 - 12:00		TEAMTRAINING STRETCH 11:55 - 12:05
						TEAMTRAINING STRETCH 12:50 - 13:00
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 STRETCH 18:00 - 18:10	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING STRETCH 17:50 - 18:00			
	TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING STRETCH 18:20 - 18:30				
	TEAMTRAINING STRETCH 18:50 - 19:00					