







MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 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 RÜCKEN 10:00 - 10:20	 TEAMTRAINING BAUCH 10:30 - 10:50	 TEAMTRAINING BAUCH 10:30 - 10:50
 TEAMTRAINING FULLBODY WORKOUT 10:30 - 10:50	 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING BAUCH 10:30 - 10:50	 TEAMTRAINING TRX 11:00 - 11:30	 TEAMTRAINING FULLBODY WORKOUT 11:00 - 11:20
		 TEAMTRAINING STRETCH 10:50 - 11:00				
 TEAMTRAINING TRX 17:30 - 18:00	 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING BAUCH 17:00 - 17:20		
 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING FULLBODY WORKOUT 18:00 - 18:20	 TEAMTRAINING TRX 18:00 - 18:30	 TEAMTRAINING RÜCKEN 18:00 - 18:20			
				 TEAMTRAINING BAUCH 18:30 - 18:50		
 TEAMTRAINING BAUCH 19:00 - 19:20	 TEAMTRAINING BAUCH 19:00 - 19:20		 TEAMTRAINING BAUCH 19:00 - 19:20			
 TEAMTRAINING RÜCKEN 19:30 - 19:50	 TEAMTRAINING TRX 19:30 - 20:00	 TEAMTRAINING RÜCKEN 19:30 - 19:50				
		 TEAMTRAINING BAUCH 20:00 - 20:20				
 TEAMTRAINING STRETCH 21:00 - 21:10	 TEAMTRAINING STRETCH 21:00 - 21:10					