


































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 BAUCH 10:00 - 10:20	 TEAMTRAINING CIRCUIT 10:00 - 10:15	 TEAMTRAINING TRX 10:00 - 10:30
 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING MOBILITY 10:30 - 10:50	 TEAMTRAINING TRX 10:30 - 11:00	 TEAMTRAINING MOBILITY 10:30 - 10:50	 TEAMTRAINING RÜCKEN 10:30 - 10:50		 TEAMTRAINING BAUCH 10:30 - 10:50
 TEAMTRAINING CIRCUIT 11:00 - 11:15	 TEAMTRAINING CIRCUIT 11:00 - 11:15	 TEAMTRAINING CIRCUIT 11:00 - 11:15	 TEAMTRAINING CIRCUIT 11:00 - 11:15	 TEAMTRAINING CIRCUIT 11:00 - 11:15	 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING CIRCUIT 11:00 - 11:15
					 TEAMTRAINING STRETCH 11:55 - 12:05	
 TEAMTRAINING BAUCH 17:00 - 17:20				 TEAMTRAINING BAUCH 17:00 - 17:20		
 TEAMTRAINING RÜCKEN 17:30 - 17:50	 TEAMTRAINING RÜCKEN 17:30 - 17:50	 TEAMTRAINING RÜCKEN 17:30 - 17:50	 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING BEINE UND PO 17:30 - 17:50		
 TEAMTRAINING TRX 18:00 - 18:30	 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING STRETCH 17:50 - 18:00	 SUPERFIT FULLBODY WORKOUT 18:00 - 18:20		
	 TEAMTRAINING STRETCH 18:20 - 18:30	 TEAMTRAINING TRX 18:30 - 19:00				
		 TEAMTRAINING STRETCH 19:00 - 19:10				