

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	TEAMTRAINING CIRCUIT WOMEN 10:00 - 10:15	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20			
		TEAMTRAINING MOBILITY 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50		
TEAMTRAINING CIRCUIT WOMEN 11:00 - 11:15	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING CIRCUIT WOMEN 11:00 - 11:15		TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING STRETCH 11:00 - 11:10
TEAMTRAINING BAUCH 11:30 - 11:50				TEAMTRAINING STRETCH 11:20 - 11:30	TEAMTRAINING FULLBODY WORKOUT 11:30 - 11:50	TEAMTRAINING RÜCKEN 11:30 - 11:50
TEAMTRAINING FASZIEN TRAINING 12:00 - 12:20			TEAMTRAINING FASZIEN TRAINING 12:00 - 12:20	TEAMTRAINING CIRCUIT WOMEN 12:00 - 12:15		TEAMTRAINING TRX 12:00 - 12:30
						TEAMTRAINING BAUCH 12:30 - 12:50
TEAMTRAINING STRETCH 13:00 - 13:10						
	TEAMTRAINING BAUCH 17:00 - 17:20					
TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING RÜCKEN 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50		
TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING MOBILITY 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20		TEAMTRAINING RÜCKEN 18:00 - 18:20		
TEAMTRAINING TRX 18:30 - 19:00	TEAMTRAINING BAUCH 18:30 - 18:50	TEAMTRAINING MOBILITY 18:30 - 18:50	TEAMTRAINING STRETCH 18:30 - 18:40	TEAMTRAINING BAUCH 18:30 - 18:50		
TEAMTRAINING BEINE UND PO 19:00 - 19:20	TEAMTRAINING FULLBODY WORKOUT 19:00 - 19:20	TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING BAUCH 19:00 - 19:20			
TEAMTRAINING BAUCH 19:30 - 19:50						
TEAMTRAINING STRETCH 20:00 - 20:10						
TEAMTRAINING STRETCH 21:00 - 21:10						