

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 TEAMTRAINING CIRCUIT 10:00 – 10:15	 TEAMTRAINING CIRCUIT 10:00 – 10:15	 TEAMTRAINING CIRCUIT 10:00 – 10:15	 TEAMTRAINING CIRCUIT 10:00 – 10:15	 TEAMTRAINING RÜCKEN 10:00 – 10:20		
 TEAMTRAINING MOBILITY 10:30 – 10:50	 TEAMTRAINING RÜCKEN 10:30 – 10:50	 TEAMTRAINING BEINE UND PO 10:30 – 10:50	 TEAMTRAINING BAUCH 10:30 – 10:50	 TEAMTRAINING BEINE UND PO 10:30 – 10:50	 TEAMTRAINING RÜCKEN 10:30 – 10:50	 SUPERFIT RÜCKEN 10:30 – 10:50
 TEAMTRAINING RÜCKEN 11:00 – 11:20	 TEAMTRAINING BAUCH 11:00 – 11:20	 TEAMTRAINING BAUCH 11:00 – 11:20	 TEAMTRAINING RÜCKEN 11:00 – 11:20	 TEAMTRAINING BAUCH 11:00 – 11:20	 TEAMTRAINING BAUCH 11:00 – 11:20	 TEAMTRAINING BAUCH 11:00 – 11:20
 TEAMTRAINING BEINE UND PO 11:30 – 11:50	 TEAMTRAINING STRETCH 11:20 – 11:30	 TEAMTRAINING STRETCH 11:20 – 11:30	 TEAMTRAINING STRETCH 11:20 – 11:30	 TEAMTRAINING STRETCH 11:20 – 11:30	 TEAMTRAINING STRETCH 11:20 – 11:30	 TEAMTRAINING STRETCH 11:20 – 11:30
		 TEAMTRAINING TRAININGSSTART 11:30 – 11:50				
 TEAMTRAINING CIRCUIT 17:30 – 17:45	 TEAMTRAINING BAUCH 17:30 – 17:50		 TEAMTRAINING BAUCH 17:30 – 17:50			
 TEAMTRAINING BAUCH 18:00 – 18:20	 TEAMTRAINING RÜCKEN 18:00 – 18:20	 TEAMTRAINING BEINE UND PO 18:00 – 18:20	 TEAMTRAINING RÜCKEN 18:00 – 18:20	 TEAMTRAINING TRAININGSSTART 18:00– 18:20		
 TEAMTRAINING RÜCKEN 18:30 – 18:50	 TEAMTRAINING BEINE UND PO 18:30– 18:50	 TEAMTRAINING RÜCKEN 18:30 – 18:50	 TEAMTRAINING STRETCH 18:20 – 18:30			
 TEAMTRAINING FASZIENTRAINING 19:00 – 19:20	 TEAMTRAINING TRX 19:00 – 19:30	 TEAMTRAINING BAUCH 19:00 – 19:20	 TEAMTRAINING FUNCTIONAL 18:30 – 18:50	 TEAMTRAINING BAUCH 19:00 – 19:20		
		 TEAMTRAINING STRETCH 19:20 – 19:30		 TEAMTRAINING STRETCH 19:20 – 19:30		