

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 TEAMTRAINING CIRCUIT 09:30 – 09:45 WOMEN	 TEAMTRAINING CIRCUIT 09:30 – 09:45 WOMEN	 TEAMTRAINING CIRCUIT 09:30 – 09:45 WOMEN	 TEAMTRAINING CIRCUIT 09:30 – 09:45 WOMEN			
 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 13:25 – 13:35
 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					