SUPERFIT

CHARLOTTENBURG

TEAMTRAINING

GÜLTIG AB **01.10.2026**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	TEAMTRAINING CIRCUIT 09:30 - 09:45					
TEAMTRAINING CIRCUIT 10:00 - 10:15		TEAMTRAINING CIRCUIT 10:00 - 10:15		TEAMTRAINING BAUCH 10:00 - 10:20		
TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING TRX 10:30 - 11:00	TEAMTRAINING BAUCH 10:30 - 10:50
TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING TRX 11:00 - 11:30	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING FASZIENTRAINING 11:00 - 11:20	TEAMTRAINING FASZIENTRAINING 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20
					TEAMTRAINING STRETCH 11:20 - 11:30	TEAMTRAINING STRETCH 11:20 - 11:30
TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50		
TEAMTRAINING PO 18:00 - 18:20	TEAMTRAINING HIIT 18:00 - 18:20	TEAMTRAINING PO 18:00 - 18:20	TEAMTRAINING CIRCUIT 18:00 - 18:15			
TEAMTRAINING FITROCKZ 18:30 - 18:50	TEAMTRAINING TRX 18:30 - 19:00	TEAMTRAINING TRX 18:30 - 19:00		TEAMTRAINING BAUCH 18:30 - 18:50		
TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING FASZIENTRAINING 19:00 - 19:20	TEAMTRAINING BAUCH 19:00 - 19:20		TEAMTRAINING STRETCH 18:50 - 19:00		
			TEAMTRAINING MOBILITY 20:00 - 20:20			