

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