

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