

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 TEAMTRAINING CIRCUIT 10:30 - 10:45 WOMEN	 TEAMTRAINING CIRCUIT 10:30 - 10:45 WOMEN	 TEAMTRAINING CIRCUIT 10:00 - 10:15 WOMEN	 TEAMTRAINING TRX 10:30 - 11:00	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING BAUCH 10:30 - 10:50	
 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING RÜCKEN 11:00 - 11:20	 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING CIRCUIT 10:30 - 10:45 WOMEN	 TEAMTRAINING RÜCKEN 11:00 - 11:20	
 TEAMTRAINING STRETCH 11:20 - 11:30	 TEAMTRAINING BAUCH 11:30 - 11:50	 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING STRETCH 11:20 - 11:30	 TEAMTRAINING PO 11:00 - 11:20	 TEAMTRAINING TRX 11:30 - 12:00	 SUPERFIT RÜCKEN 11:30 - 11:50
 TEAMTRAINING RÜCKEN 11:30 - 11:50	 TEAMTRAINING STRETCH 11:50 - 12:00	 TEAMTRAINING STRETCH 11:20 - 11:30				 TEAMTRAINING BAUCH 12:00 - 12:20
						 TEAMTRAINING STRETCH 12:20 - 12:30
						 TEAMTRAINING TRAININGSSTART 13:00 - 13:20
 TEAMTRAINING TRAININGSSTART 17:30 - 17:50	 TEAMTRAINING CIRCUIT 17:00 - 17:15 WOMEN	 TEAMTRAINING CIRCUIT 17:30 - 17:45 WOMEN		 TEAMTRAINING TRAININGSSTART 17:30 - 17:50		
 TEAMTRAINING BAUCH 18:00 - 18:15 WOMEN	 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING TRAININGSSTART 18:00 - 18:20	 TEAMTRAINING BAUCH 18:00 - 18:20		
 TEAMTRAINING RÜCKEN 18:30 - 18:50	 TEAMTRAINING STRETCH 18:20 - 18:30	 TEAMTRAINING RÜCKEN 18:30 - 18:50		 TEAMTRAINING STRETCH 18:20 - 18:30		
 TEAMTRAINING BAUCH 19:00 - 19:20	 TEAMTRAINING RÜCKEN 18:30 - 18:50	 TEAMTRAINING TRX 19:00 - 19:30				
 TEAMTRAINING FUNCTIONAL 19:30 - 19:50	 TEAMTRAINING TRX 19:00 - 19:30		 TEAMTRAINING BAUCH 19:30 - 19:50			
			 TEAMTRAINING STRETCH 19:50 - 20:00			