

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 - 10:30	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING MOBILITY 10:00 - 10:30	 TEAMTRAINING CIRCUIT 10:00 - 10:15 WOMEN		 TEAMTRAINING RÜCKEN 10:00 - 10:20
 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING FASZIEN TRAINING 10:30 - 10:50	 TEAMTRAINING RÜCKEN 10:30 - 10:50		 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 STRETCH 10:55 - 11:05
 TEAMTRAINING TRAININGSSTART 11:30 - 11:50				 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 FULLBODY WORKOUT 17:30 - 17:50	 TEAMTRAINING BEINE UND PO 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 RÜCKEN 18:00 - 18:20	 TEAMTRAINING TRAININGSSTART 18:00 - 18:20		
	 TEAMTRAINING STRETCH 18:25 - 18:35	 TEAMTRAINING STRETCH 18:20 - 18:30	 TEAMTRAINING BAUCH 18:30 - 18:50			
			 TEAMTRAINING STRETCH 18:55 - 19:05			
 TEAMTRAINING STRETCH 19:55 - 20:05						