

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50
TEAMTRAINING FULLBODY WORKOUT 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING MOBILITY 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING TRX 11:00 - 11:30	TEAMTRAINING FULLBODY WORKOUT 11:00 - 11:20
		TEAMTRAINING MOBILITY 11:00 - 11:20		TEAMTRAINING MOBILITY 11:00 - 11:20		
		TEAMTRAINING STRETCH 11:30 - 11:40				
	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50			
TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING FITROCKZ 18:00 - 18:30	TEAMTRAINING TRX 18:00 - 18:30	TEAMTRAINING RÜCKEN 18:00 - 18:20			
TEAMTRAINING BEINE UND PO 18:30 - 18:50		TEAMTRAINING MOBILITY 18:30 - 18:50		TEAMTRAINING BAUCH 18:30 - 18:50		
TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING BAUCH 19:00 - 19:20		TEAMTRAINING BAUCH 19:00 - 19:20			
TEAMTRAINING TRX 19:30 - 20:00	TEAMTRAINING TRX 19:30 - 20:00					
		TEAMTRAINING BAUCH 20:00 - 20:20				
TEAMTRAINING STRETCH 21:00 - 21:10	TEAMTRAINING STRETCH 21:00 - 21:10					