

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT 09:30 - 09:45		TEAMTRAINING CIRCUIT 09:30 - 09:45		TEAMTRAINING CIRCUIT 09:30 - 09:45		
TEAMTRAINING CIRCUIT 12:00 - 12:15	TEAMTRAINING CIRCUIT 12:00 - 12:15	TEAMTRAINING CIRCUIT 12:00 - 12:15	TEAMTRAINING CIRCUIT 12:00 - 12:15	TEAMTRAINING CIRCUIT 12:00 - 12:15		
TEAMTRAINING STRETCH 12:20 - 12:30		TEAMTRAINING STRETCH 12:20 - 12:30			TEAMTRAINING CIRCUIT 12:30 - 12:45	TEAMTRAINING CIRCUIT 12:30 - 12:45
		TEAMTRAINING CIRCUIT 17:00 - 17:15	TEAMTRAINING CIRCUIT 17:00 - 17:15			
TEAMTRAINING CIRCUIT 17:30 - 17:45						
	TEAMTRAINING CIRCUIT 18:30 - 18:45					
		TEAMTRAINING CIRCUIT 19:00 - 19:15				
		TEAMTRAINING BAUCH 19:30 - 19:50				
TEAMTRAINING STRETCH 20:00 - 20:10						