

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 TEAMTRAINING CIRCUIT 09:00 - 09:15		 TEAMTRAINING CIRCUIT 09:00 - 09:15		 TEAMTRAINING CIRCUIT 09:00 - 09:15		
 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING BAUCH 10:00 - 10:20	 TEAMTRAINING RÜCKEN 10:00 - 10:20	 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 PO 10:30 - 10:50	 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING BAUCH 10:30 - 10:50	 TEAMTRAINING STRETCH 10:20 - 10:30	 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING STRETCH 10:20 - 10:30	 TEAMTRAINING TRX 10:30 - 11:00
	 TEAMTRAINING PO 11:00 - 11:20		 TEAMTRAINING TRX 10:30 - 11:00		 TEAMTRAINING RÜCKEN 10:30 - 10:50	
 TEAMTRAINING BAUCH 18:00 - 18:20		 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING BAUCH 17:00 - 17:20			
 TEAMTRAINING RÜCKEN 18:30 - 18:50	 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING TRX 18:00 - 18:30	 TEAMTRAINING PO 17:30 - 17:50	 TEAMTRAINING PO 18:30 - 18:50		
 TEAMTRAINING BAUCH 19:00 - 19:20	 TEAMTRAINING RÜCKEN 18:30 - 18:50	 TEAMTRAINING FULLBODY WORKOUT 19:00 - 19:20	 TEAMTRAINING RÜCKEN 18:30 - 18:50	 TEAMTRAINING BAUCH 19:00 - 19:20		
 TEAMTRAINING STRETCH 19:20 - 19:30	 TEAMTRAINING BAUCH 19:30 - 19:50	 TEAMTRAINING BAUCH 19:30 - 19:50	 TEAMTRAINING BAUCH 19:00 - 19:20	 TEAMTRAINING STRETCH 19:20 - 19:30		
 TEAMTRAINING TRX 19:30 - 20:00	 TEAMTRAINING STRETCH 19:55- 20:05					