

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 BAUCH 10:00 - 10:20		
 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING RÜCKEN 11:00 - 11:20	 TEAMTRAINING RÜCKEN 10:30 - 10:50	 TEAMTRAINING TRX 10:30 - 11:00	 TEAMTRAINING CIRCUIT 10:30 - 10:45 WOMEN	 TEAMTRAINING BAUCH 10:30 - 10:50	
 TEAMTRAINING RÜCKEN 11:30 - 11:50	 TEAMTRAINING BAUCH 11:30 - 11:50	 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING BAUCH 11:00 - 11:20	 TEAMTRAINING PO 11:00 - 11:20	 TEAMTRAINING RÜCKEN 11:00 - 11:20	 SUPERFIT RÜCKEN 11:30 - 11:50
	 TEAMTRAINING STRETCH 11:50 - 12:00	 TEAMTRAINING STRETCH 11:20 - 11:30	 TEAMTRAINING STRETCH 11:20 - 11:30		 TEAMTRAINING TRX 11:30 - 12:00	 TEAMTRAINING BAUCH 12:00 - 12:20
						 TEAMTRAINING TRAININGSSTART 12:30 - 12:50
				 TEAMTRAINING TRAININGSSTART 17:30 - 17:50		
 TEAMTRAINING TRAININGSSTART 17:30 - 17:50	 TEAMTRAINING CIRCUIT 17:30 - 17:45 WOMEN	 TEAMTRAINING CIRCUIT 17:30 - 17:45 WOMEN	 TEAMTRAINING BAUCH 17:30 - 17:50	 TEAMTRAINING BAUCH 18:00 - 18:20		
 TEAMTRAINING CIRCUIT 18:00 - 18:15 WOMEN	 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING BAUCH 18:00 - 18:20	 TEAMTRAINING TRX 18:00 - 18:30	 TEAMTRAINING STRETCH 18:20 - 18:30		
 TEAMTRAINING RÜCKEN 18:30 - 18:50	 SUPERFIT FULLBODY WORKOUT 18:30 - 18:50	 TEAMTRAINING RÜCKEN 18:30 - 18:50	 TEAMTRAINING TRAININGSSTART 18:30 - 18:50			
 TEAMTRAINING BAUCH 19:00 - 19:20	 TEAMTRAINING RÜCKEN 19:00 - 19:20	 TEAMTRAINING TRX 19:00 - 19:30				
 TEAMTRAINING PO 19:30 - 19:50	 TEAMTRAINING BAUCH 19:30 - 19:50					