

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING TRX 10:00 - 10:30		TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING TRAININGSSTART 10:00 - 10:20	TEAMTRAINING CIRCUIT 10:00 - 10:15
TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING STRETCH 11:00 - 11:10	TEAMTRAINING STRETCH 10:30 - 10:40	TEAMTRAINING QUEENAX STRONG 10:30 - 11:00	TEAMTRAINING BAUCH 10:30 - 10:50
TEAMTRAINING CIRCUIT 11:00 - 11:15	TEAMTRAINING CIRCUIT 11:00 - 11:15	TEAMTRAINING CIRCUIT 11:00 - 11:15	TEAMTRAINING CIRCUIT 11:30 - 11:45	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING CIRCUIT 11:00 - 11:15	TEAMTRAINING STRETCH 11:00 - 11:10
TEAMTRAINING STRETCH 12:00 - 12:10	TEAMTRAINING STRETCH 12:00 - 12:10	TEAMTRAINING RÜCKEN 11:30 - 11:50	TEAMTRAINING RÜCKEN 12:00 - 12:20	TEAMTRAINING CIRCUIT 11:30 - 11:45	TEAMTRAINING BAUCH 11:30 - 11:50	TEAMTRAINING CIRCUIT 11:30 - 11:45
	TEAMTRAINING QUEENAX STRONG 12:30 - 13:00	TEAMTRAINING CIRCUIT 12:30 - 12:45	TEAMTRAINING TRX 13:00 - 13:30		TEAMTRAINING RÜCKEN 12:00 - 12:20	TEAMTRAINING BAUCH 12:00 - 12:20
	TEAMTRAINING TRX 13:00 - 13:30	TEAMTRAINING BAUCH 14:30 - 14:50	TEAMTRAINING BAUCH 14:30 - 14:50	TEAMTRAINING STRETCH 13:00 - 13:10	TEAMTRAINING TRX 12:30 - 13:00	TEAMTRAINING RÜCKEN 12:30 - 12:50
TEAMTRAINING BAUCH 15:00 - 15:20				TEAMTRAINING CIRCUIT 16:00 - 16:15	TEAMTRAINING BAUCH 13:00 - 13:20	TEAMTRAINING TRX 13:00 - 13:30
TEAMTRAINING BAUCH 16:30 - 16:50	TEAMTRAINING BAUCH 16:30 - 16:50	TEAMTRAINING STRETCH 16:30 - 16:40	TEAMTRAINING BAUCH 16:30 - 16:50	TEAMTRAINING PO 16:30 - 16:50	TEAMTRAINING STRETCH 14:00 - 14:10	TEAMTRAINING FASZIENTRAINING 13:30 - 13:50
TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING CIRCUIT 17:00 - 17:15	TEAMTRAINING CIRCUIT 17:00 - 17:15	TEAMTRAINING QUEENAX CARDIO 17:00 - 17:30		
TEAMTRAINING CIRCUIT 17:30 - 17:45	TEAMTRAINING CIRCUIT 17:30 - 17:45	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING TRX 17:30 - 18:00	TEAMTRAINING BAUCH 17:30 - 17:50		TEAMTRAINING BAUCH 14:30 - 14:50
TEAMTRAINING QUEENAX BURN 18:00 - 18:30	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING CIRCUIT 18:00 - 18:15		
TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING STRETCH 18:30 - 18:40		
TEAMTRAINING PO 19:00 - 19:20	TEAMTRAINING PO 19:00 - 19:20	TEAMTRAINING QUEENAX STRONG 19:00 - 19:30	TEAMTRAINING PO 19:00 - 19:20	TEAMTRAINING BAUCH 19:00 - 19:20		
TEAMTRAINING CIRCUIT 19:30 - 19:45	TEAMTRAINING CIRCUIT 19:30 - 19:45	TEAMTRAINING PO 19:30 - 19:50	TEAMTRAINING CIRCUIT 19:30 - 19:45	TEAMTRAINING CIRCUIT 19:30 - 19:45		
TEAMTRAINING RÜCKEN 20:00 - 20:20	TEAMTRAINING STRETCH 20:00 - 20:10	TEAMTRAINING TRX 20:00 - 20:30	TEAMTRAINING TRX 20:00 - 20:30	TEAMTRAINING TRX 20:00 - 20:30		
TEAMTRAINING BAUCH 20:30 - 20:50	TEAMTRAINING TRX 20:30 - 21:00	TEAMTRAINING BAUCH 20:30 - 20:50	TEAMTRAINING BAUCH 20:30 - 20:50	TEAMTRAINING FASZIENTRAINING 20:30 - 20:50		
TEAMTRAINING STRETCH 21:00 - 21:10	TEAMTRAINING BAUCH 21:00 - 21:20		TEAMTRAINING STRETCH 21:00 - 21:10	TEAMTRAINING STRETCH 21:30 - 21:40		