

**MONTAG**

**DIENSTAG**

**MITTWOCH**

**DONNERSTAG**

**FREITAG**

**SAMSTAG**

**SONNTAG**

TEAMTRAINING CIRCUIT <b>WOMEN</b> 09:30 - 09:45	TEAMTRAINING CIRCUIT <b>WOMEN</b> 09:30 - 09:45	TEAMTRAINING CIRCUIT <b>WOMEN</b> 09:30 - 09:45	TEAMTRAINING CIRCUIT <b>WOMEN</b> 09:30 - 09:45	TEAMTRAINING CIRCUIT <b>WOMEN</b> 09:30 - 09:45		
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 TRX 10:00 - 10:30	TEAMTRAINING CIRCUIT <b>WOMEN</b> 10:00 - 10:15	TEAMTRAINING CIRCUIT <b>WOMEN</b> 10:00 - 10:15
TEAMTRAINING FULLBODY WORKOUT 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING FULLBODY WORKOUT 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50
TEAMTRAINING TRX 11:00 - 11:30	TEAMTRAINING CIRCUIT <b>WOMEN</b> 11:00 - 11:15	TEAMTRAINING FULLBODY WORKOUT 11:00 - 11:20	TEAMTRAINING CIRCUIT <b>WOMEN</b> 11:00 - 11:15	TEAMTRAINING CIRCUIT <b>WOMEN</b> 11:00 - 11:15	TEAMTRAINING CIRCUIT <b>WOMEN</b> 11:00 - 11:15	TEAMTRAINING CIRCUIT <b>WOMEN</b> 11:00 - 11:15
TEAMTRAINING RÜCKEN 11:30 - 11:50	TEAMTRAINING QUEENAX CARDIO 11:30 - 12:00	TEAMTRAINING CIRCUIT <b>WOMEN</b> 11:30 - 11:15	TEAMTRAINING BAUCH 11:30 - 11:50	TEAMTRAINING RÜCKEN 11:30 - 11:50	TEAMTRAINING TRX 11:30 - 12:00	TEAMTRAINING RÜCKEN 11:30 - 11:50
TEAMTRAINING CIRCUIT <b>WOMEN</b> 12:00 - 12:15	TEAMTRAINING BAUCH 12:00 - 12:20	TEAMTRAINING BAUCH 12:00 - 12:20	TEAMTRAINING TRX 12:00 - 12:30	TEAMTRAINING FULLBODY WORKOUT 12:00 - 12:20	TEAMTRAINING RÜCKEN 12:00 - 12:20	TEAMTRAINING BAUCH 12:00 - 12:20
					TEAMTRAINING TRAININGSSTART 12:30 - 12:50	TEAMTRAINING TRX 12:30 - 13:00
						TEAMTRAINING TRAININGSSTART 13:00 - 13:20
TEAMTRAINING TRX 16:30 - 17:00	TEAMTRAINING BAUCH 16:30 - 16:50		TEAMTRAINING FULLBODY WORKOUT 16:30 - 16:50	TEAMTRAINING BAUCH 16:30 - 16:50		
TEAMTRAINING PO 17:00 - 17:20	TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING TRX BAUCH 17:00 - 17:30	TEAMTRAINING PO 17:00 - 17:20	TEAMTRAINING QUEENAX CARDIO 17:00 - 17:30		
TEAMTRAINING QUEENAX BURN 17:30 - 18:00	TEAMTRAINING CIRCUIT <b>WOMEN</b> 17:30 - 17:45	TEAMTRAINING QUEENAX STRONG 17:30 - 18:00	TEAMTRAINING CIRCUIT <b>WOMEN</b> 17:30 - 17:45	TEAMTRAINING PO 17:30 - 17:50		
TEAMTRAINING CIRCUIT <b>WOMEN</b> 18:00 - 18:15	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20		
TEAMTRAINING BAUCH 18:30 - 18:50	TEAMTRAINING QUEENAX STRONG 18:30 - 19:00	TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING CIRCUIT <b>WOMEN</b> 18:30 - 18:45		
TEAMTRAINING RÜCKEN 19:00 - 19:20	TEAMTRAINING CIRCUIT <b>WOMEN</b> 19:00 - 19:15	TEAMTRAINING CIRCUIT <b>WOMEN</b> 19:00 - 19:15	TEAMTRAINING QUEENAX BURN 19:00 - 19:30	TEAMTRAINING RÜCKEN 19:00 - 19:20		
TEAMTRAINING FULLBODY WORKOUT 19:30 - 19:50	TEAMTRAINING PO 19:30 - 19:50	TEAMTRAINING TRX 19:30 - 20:00	TEAMTRAINING BAUCH 19:30 - 19:50	TEAMTRAINING TRX 19:30 - 20:00		
TEAMTRAINING CIRCUIT <b>WOMEN</b> 20:00 - 20:15	TEAMTRAINING BAUCH 20:00 - 20:20	TEAMTRAINING PO 20:00 - 20:20	TEAMTRAINING CIRCUIT <b>WOMEN</b> 20:00 - 20:15	TEAMTRAINING CIRCUIT <b>WOMEN</b> 20:00 - 20:15		
TEAMTRAINING TRX 20:30 - 21:00	TEAMTRAINING RÜCKEN 20:30 - 20:50	TEAMTRAINING BAUCH 20:30 - 20:50	TEAMTRAINING TRX 20:30 - 21:00	TEAMTRAINING BAUCH 20:30 - 20:50		
TEAMTRAINING BAUCH 21:00 - 21:20	TEAMTRAINING TRX 21:00 - 21:30	TEAMTRAINING FULLBODY WORKOUT 21:00 - 21:20	TEAMTRAINING STRETCH 21:00 - 21:10	TEAMTRAINING STRETCH 21:00 - 21:10		