

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING CIRCUIT 10:00 - 10:15
TEAMTRAINING FULLBODY WORKOUT 10:30 - 10:50	TEAMTRAINING PO 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING HIIT 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50
TEAMTRAINING CIRCUIT 11:00 - 11:15	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING FULLBODY WORKOUT 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:15	TEAMTRAINING CIRCUIT 11:00 - 11:15
TEAMTRAINING BAUCH 11:30 - 11:45	TEAMTRAINING CIRCUIT 11:30 - 11:45	TEAMTRAINING CIRCUIT 11:30 - 11:45	TEAMTRAINING CIRCUIT 11:30 - 11:45	TEAMTRAINING FULLBODY WORKOUT 11:30 - 11:50	TEAMTRAINING PO 11:30 - 11:50	TEAMTRAINING FASZIENTRAINING 11:30 - 11:50
TEAMTRAINING RÜCKEN 12:00 - 12:20	TEAMTRAINING BAUCH 12:00 - 12:20	TEAMTRAINING PO 12:00 - 12:20	TEAMTRAINING FASZIENTRAINING 12:00 - 12:20	TEAMTRAINING CIRCUIT 12:00 - 12:15	TEAMTRAINING BAUCH 12:00 - 12:20	TEAMTRAINING PO 12:00 - 12:20
	TEAMTRAINING BAUCH 16:30 - 16:50				TEAMTRAINING CIRCUIT 12:30 - 12:45	TEAMTRAINING BAUCH 12:30 - 12:50
					TEAMTRAINING RÜCKEN 13:00 - 13:20	TEAMTRAINING CIRCUIT 13:00 - 13:15
					TEAMTRAINING HIIT 13:30 - 13:50	
TEAMTRAINING BAUCH 17:00 - 17:20	TEAMTRAINING PO 17:00 - 17:20	TEAMTRAINING CIRCUIT 17:00 - 17:15	TEAMTRAINING BAUCH 17:00 - 17:20	TEAMTRAINING CIRCUIT 17:00 - 17:15		
TEAMTRAINING CIRCUIT 17:30 - 17:45	TEAMTRAINING CIRCUIT 17:30 - 17:45	TEAMTRAINING RÜCKEN 17:30 - 17:50	TEAMTRAINING CIRCUIT 17:30 - 17:45	TEAMTRAINING PO 17:30 - 17:50		
TEAMTRAINING PO 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING FASZIENTRAINING 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20		
TEAMTRAINING FASZIENTRAINING 18:30 - 18:50	TEAMTRAINING HIIT 18:30 - 18:50	TEAMTRAINING PO 18:30 - 18:50	TEAMTRAINING PO 18:30 - 18:50	TEAMTRAINING RÜCKEN 18:30 - 18:50		
TEAMTRAINING FULLBODY WORKOUT 19:00 - 19:20	TEAMTRAINING CIRCUIT 19:00 - 19:15	TEAMTRAINING CIRCUIT 19:00 - 19:15	TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING CIRCUIT 19:00 - 19:15		
TEAMTRAINING BAUCH 19:30 - 19:50	TEAMTRAINING BAUCH 19:30 - 19:50	TEAMTRAINING BAUCH 19:30 - 19:50	TEAMTRAINING CIRCUIT 19:30 - 19:45	TEAMTRAINING HIIT 19:30 - 19:50		
TEAMTRAINING CIRCUIT 20:00 - 20:15	TEAMTRAINING PO 20:00 - 20:20	TEAMTRAINING RÜCKEN 20:00 - 20:20	TEAMTRAINING PO 20:00 - 20:20	TEAMTRAINING BAUCH 20:00 - 20:20		