SUPERFIT

STEGLITZ

TEAMTRAINING

GÜLTIG AB **14.09.2020**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING TRX 10:00 - 10:30
TEAMTRAINING BAUCH 11:00 - 11:20		TEAMTRAINING PO 11:00 - 11:20	TEAMTRAINING FULLBODY WORKOUT 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20
	TEAMTRAINING BAUCH 11:30 - 11:50					
		TEAMTRAINING BAUCH 12:00 - 12:20			TEAMTRAINING TRX 12:00 - 12:30	TEAMTRAINING QUEENAX STRONG 12:00 - 12:45
						TEAMTRAINING BAUCH 13:00 - 13:20
TEAMTRAINING TRX 16:45 - 17:15				SUPERFIT HIIT 16:45 - 17:05		
	TEAMTRAINING QUEENAX STRONG 17:00 - 17:45	SUPERFIT HIIT 17:00 - 17:20	TEAMTRAINING TRX 17:00 - 17:30			
TEAMTRAINING PO 17:45 - 18:05				TEAMTRAINING QUEENAX STRONG 17:30 - 18:15		
	TEAMTRAINING RÜCKEN 18:15 - 18:35	TEAMTRAINING TRX 18:00 - 18:30	TEAMTRAINING BAUCH 18:00 - 18:20			
TEAMTRAINING BAUCH 18:30 - 18:50				TEAMTRAINING RÜCKEN 18:45 - 19:05		
	TEAMTRAINING FASZIENTRAINING 19:00 - 19:20	TEAMTRAINING RÜCKEN 19:00 - 19:20	TEAMTRAINING QUEENAX STRONG 19:00 - 19:45			
TEAMTRAINING FULLBODY WORKOUT 19:30 - 19:50				TEAMTRAINING BAUCH 19:30 - 19:50		
	TEAMTRAINING PO 20:00 - 20:20	TEAMTRAINING BAUCH 20:00 - 20:20	TEAMTRAINING PO 20:00 - 20:20			