SUPERFIT

NEUKÖLLN

TEAMTRAINING

GÜLTIG AB **05.10.2020**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING BAUCH 09:30 - 09:50						
TEAMTRAINING FULLBODY WORKOUT 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:30 - 10:50	
	TEAMTRAINING TRX 11:30 - 12:00	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING PO 11:00 - 11:20	TEAMTRAINING TRX 11:30 - 12:00	SUPERFIT RÜCKEN 11:00 - 11:20
					TEAMTRAINING RÜCKEN 12:30 - 12:50	TEAMTRAINING BAUCH 12:00 - 12:20
						TEAMTRAINING TRX 13:00 - 13:30
				TEAMTRAINING BAUCH 16:30 - 16:50		
TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING FULLBODY WORKOUT 17:00 - 17:20	SUPERFIT RÜCKEN 17:00 - 17:20	TEAMTRAINING BAUCH 17:00 - 17:20	TEAMTRAINING RÜCKEN 17:30 - 17:50		
TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING TRX 18:00 - 18:30	TEAMTRAINING FULLBODY WORKOUT 18:30 - 18:50		
TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING PO 19:00 - 19:20	TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING TRX 19:30 - 20:00		
TEAMTRAINING FULLBODY WORKOUT 20:00 - 20:20	TEAMTRAINING BAUCH 20:00 - 20:20	TEAMTRAINING PO 20:00 - 20:20	TEAMTRAINING FULLBODY WORKOUT 20:00 - 20:20			