SUPERFIT

TEGEL

TEAMTRAINING

GÜLTIG AB **05.10.2020**

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