SUPERFIT

CHARLOTTENBURG

TEAMTRAINING

GÜLTIG AB **01.10.2021**

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