SUPERFIT

CHARLOTTENBURG

TEAMTRAINING

GÜLTIG AB **01.07.2022**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING CIRCUIT 10:00 - 10:15
TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING TRX 10:30 - 11:00	TEAMTRAINING BAUCH 10:30 - 10:50
TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING PO 11:00 - 11:20	TEAMTRAINING PO 11:00 - 11:20		TEAMTRAINING RÜCKEN 11:00 - 11:20
						TEAMTRAINING CIRCUIT 11:30 - 11:45
					TEAMTRAINING BAUCH 13:00 - 13:20	
					TEAMTRAINING RÜCKEN 13:30 - 13:50	
					TEAMTRAINING PO 14:00 - 14:20	
TEAMTRAINING BAUCH 16:00 - 16:20	TEAMTRAINING BAUCH 16:00 - 16:20			TEAMTRAINING BAUCH 16:00 - 16:20		
TEAMTRAINING RÜCKEN 16:30 - 16:50	TEAMTRAINING RÜCKEN 16:30 - 16:50	TEAMTRAINING BAUCH 16:00 - 16:20	TEAMTRAINING BAUCH 16:00 - 16:20	TEAMTRAINING RÜCKEN 16:30 - 16:50		
TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING RÜCKEN 16:30 - 16:50	TEAMTRAINING RÜCKEN 16:30 - 16:50	TEAMTRAINING TRX 17:00 - 17:30		
TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING PO 17:00 - 17:20	TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING BAUCH 17:30 - 17:50		
TEAMTRAINING PO 18:00 - 18:20	TEAMTRAINING PO 18:00 - 18:20	TEAMTRAINING CIRCUIT 17:30 - 17:45	TEAMTRAINING BAUCH 17:30 - 17:50			
	TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING PO 18:00 - 18:20			
			TEAMTRAINING CIRCUIT 18:30 - 18:45			