

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING CIRCUIT WOMEN 09:30 - 09:45	TEAMTRAINING CIRCUIT WOMEN 10:00 - 10:15	TEAMTRAINING CIRCUIT WOMEN 09:30 - 09:45	TEAMTRAINING BAUCH 10:00 - 10:20		
TEAMTRAINING CIRCUIT WOMEN 10:30 - 10:45	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING CIRCUIT WOMEN 10:30 - 10:45	TEAMTRAINING BAUCH 10:30 - 10:50	
TEAMTRAINING BAUCH 11:00 - 11:20	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 RÜCKEN 11:30 - 11:50	SUPERFIT RÜCKEN 11:00 - 11:20
					TEAMTRAINING TRX 12:30 - 13:00	TEAMTRAINING BAUCH 12:00 - 12:20
TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING BAUCH 17:00 - 17:20	SUPERFIT RÜCKEN 17:00 - 17:20	TEAMTRAINING BAUCH 17:00 - 17:20	TEAMTRAINING PO 17:00 - 17:20		
TEAMTRAINING CIRCUIT WOMEN 18:00 - 18:15	TEAMTRAINING PO 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING CIRCUIT WOMEN 17:30 - 17:45	TEAMTRAINING CIRCUIT WOMEN 17:30 - 17:45		
TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING RÜCKEN 19:00 - 19:20	TEAMTRAINING CIRCUIT WOMEN 18:30 - 18:45	TEAMTRAINING TRX 18:00 - 18:30	TEAMTRAINING BAUCH 18:00 - 18:20		
TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING CIRCUIT WOMEN 19:30 - 19:45	TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING FULLBODY WORKOUT 19:00 - 19:20		
TEAMTRAINING PO 20:00 - 20:20	TEAMTRAINING BAUCH 20:00 - 20:20	TEAMTRAINING PO 20:00 - 20:20				