

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
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 CIRCUIT 10:00 - 10:15	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING BAUCH 10:00 - 10:20
TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50		TEAMTRAINING TRX BAUCH 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50
						TEAMTRAINING PO 11:00 - 11:20
TEAMTRAINING TRX 17:00 - 17:30		TEAMTRAINING TRX 17:00 - 17:30		TEAMTRAINING TRX 17:00 - 17:30		
TEAMTRAINING TRX MOBILITY 17:30 - 17:50	TEAMTRAINING TRX BAUCH 17:30 - 17:50		TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING TRX MOBILITY 17:30 - 17:50		
TEAMTRAINING QUEENAX CARDIO 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20		
TEAMTRAINING RÜCKEN 19:00 - 19:20	TEAMTRAINING QUEENAX BURN 18:30 - 18:50	TEAMTRAINING STRETCH 18:20 - 18:30	TEAMTRAINING PO 18:30 - 18:50	TEAMTRAINING RÜCKEN 18:30 - 18:50		
TEAMTRAINING BAUCH 19:30 - 19:50	TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING STRETCH 18:50 - 19:00			
	TEAMTRAINING CIRCUIT 19:35 - 19:50	TEAMTRAINING CIRCUIT 19:30 - 19:45				