SUPERFIT **GROPIUSSTADT** **TEAMTRAINING** GÜLTIG AB **01.10.2023**

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