

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT 09:30 - 09:45						
TEAMTRAINING TRX MOBILITY 10:00 - 10:20	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING PO 10:00 - 10:20	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	
TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING PO 10:30 - 10:50	TEAMTRAINING RÜCKEN 10:30 - 10:50	SUPERFIT RÜCKEN 10:30 - 10:50
TEAMTRAINING PO 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING STRETCH 10:50 - 11:00	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING FULLBODY WORKOUT 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20
	TEAMTRAINING STRETCH 11:20 - 11:30	TEAMTRAINING TRX MOBILITY 11:00 - 11:20		TEAMTRAINING STRETCH 11:20 - 11:30		TEAMTRAINING STRETCH 11:20 - 11:30
						TEAMTRAINING TRX 11:30 - 12:00
					TEAMTRAINING BAUCH 14:30 - 14:50	
		TEAMTRAINING BAUCH 16:30 - 16:50				
TEAMTRAINING TRX MOBILITY 17:00 - 17:20	TEAMTRAINING BAUCH 17:00 - 17:20	TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING TRX MOBILITY 17:00 - 17:20	TEAMTRAINING PO 17:00 - 17:20		
TEAMTRAINING CIRCUIT 17:30 - 17:45	TEAMTRAINING CIRCUIT 17:30 - 17:45	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50		
TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING PO 18:00 - 18:20	TEAMTRAINING PO 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20		
TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING FUNCTIONAL 18:30 - 18:50		TEAMTRAINING STRETCH 18:20 - 18:30	TEAMTRAINING FUNCTIONAL 18:30 - 18:50		
TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING FUNCTIONAL 19:00 - 19:20	TEAMTRAINING TRX 19:00 - 19:30		
TEAMTRAINING BAUCH 19:30 - 19:50	TEAMTRAINING RÜCKEN 19:30 - 19:50	TEAMTRAINING STRETCH 19:20 - 19:30	TEAMTRAINING BAUCH 19:30 - 19:50	TEAMTRAINING BAUCH 19:30 - 19:50		
	TEAMTRAINING BAUCH 20:00 - 20:20		TEAMTRAINING SKILLETIC 20:00 - 20:20			