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|---|--|---|--|--|--|--|
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|  TEAMTRAINING BAUCH 10:00 - 10:20 |  TEAMTRAINING BAUCH 10:00 - 10:20 |  TEAMTRAINING RÜCKEN 10:00 - 10:20 |  TEAMTRAINING BAUCH 10:00 - 10:20 |  TEAMTRAINING RÜCKEN 10:00 - 10:20 |  TEAMTRAINING BAUCH 10:30 - 10:50 |  TEAMTRAINING BAUCH 10:30 - 10:50 |
|  TEAMTRAINING HIIT 10:30 - 10:50 |  TEAMTRAINING RÜCKEN 10:30 - 11:00 |  TEAMTRAINING BAUCH 11:00 - 11:20 |  TEAMTRAINING RÜCKEN 10:30 - 10:50 |  TEAMTRAINING BAUCH 10:30 - 10:50 |  TEAMTRAINING TRX 11:00 - 11:30 |  TEAMTRAINING HIIT 11:00 - 11:20 |
| | | | | | |  TEAMTRAINING BAUCH 12:00 - 12:20 |
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|  TEAMTRAINING TRX 17:30 - 18:00 |  TEAMTRAINING BAUCH 17:30 - 17:50 |  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 RÜCKEN 18:00 - 18:20 |  TEAMTRAINING TRX 18:00 - 18:30 |  TEAMTRAINING RÜCKEN 18:00 - 18:20 |  TEAMTRAINING HIIT 18:00 - 18:20 | | |
|  TEAMTRAINING BAUCH 19:00 - 19:20 |  TEAMTRAINING BAUCH 19:00 - 19:20 |  TEAMTRAINING RÜCKEN 19:30 - 19:50 |  TEAMTRAINING BAUCH 19:00 - 19:20 | | | |
|  TEAMTRAINING RÜCKEN 19:30 - 19:50 |  TEAMTRAINING RÜCKEN 19:30 - 19:50 |  TEAMTRAINING BAUCH 20:00 - 20:20 |  TEAMTRAINING STRETCH 20:00 - 20:10 | | | |
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| |  TEAMTRAINING STRETCH 21:00 - 21:10 | | | | | |
|  TEAMTRAINING STRETCH 21:30 - 21:40 | | | | | | |
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