

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING BAUCH 09:30 - 09:50		TEAMTRAINING BAUCH 09:30 - 09:50	TEAMTRAINING RÜCKEN 09:30 - 09:50	TEAMTRAINING BAUCH 09:30 - 09:50		
TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING STRETCH 10:00 - 10:10	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING TRX 10:00 - 10:30
TEAMTRAINING TRX 10:30 - 11:00	TEAMTRAINING CIRCUIT 10:30 - 10:45	TEAMTRAINING PO 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING FASZIENTRAINING 10:30 - 10:50	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING BAUCH 10:30 - 10:50
TEAMTRAINING FASZIENTRAINING 11:00 - 11:20		TEAMTRAINING CIRCUIT 11:00 - 11:15				TEAMTRAINING FASZIENTRAINING 11:00 - 11:20
					TEAMTRAINING STRETCH 12:00 - 12:10	
		TEAMTRAINING BAUCH 16:30 - 16:50				
TEAMTRAINING BAUCH 17:00 - 17:20	TEAMTRAINING BAUCH 17:00 - 17:20	TEAMTRAINING RÜCKEN 17:00 - 17:20	TEAMTRAINING TRX 17:00 - 17:30	TEAMTRAINING BAUCH 17:00 - 17:20		
TEAMTRAINING STRETCH 18:00 - 18:10	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING TRX 17:30 - 18:00	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING TRX 17:30 - 18:00		
TEAMTRAINING TRX 18:30 - 19:00	TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING STRETCH 18:00 - 18:10		
TEAMTRAINING STRETCH 19:00 - 19:10		TEAMTRAINING STRETCH 19:00 - 19:15	TEAMTRAINING BAUCH 19:30 - 19:50	TEAMTRAINING STRETCH 19:00 - 19:10		
	TEAMTRAINING STRETCH 20:00 - 20:10		TEAMTRAINING STRETCH 20:00 - 20:10			
	TEAMTRAINING STRETCH 21:00 - 21:10					