SUPERFIT

POTSDAM

TEAMTRAINING

GÜLTIG AB **01.04.2024**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING MOBILITY 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING MOBILITY 10:00 - 10:20	TEAMTRAINING CIRCUIT 10:00 - 10:15	TEAMTRAINING TRX 10:00 - 10:30	TEAMTRAINING BEINE UND PO 10:00 - 10:20
TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING STRETCH 10:20 - 10:30	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING STRETCH 10:20 - 10:30	TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING TRX BAUCH 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50
TEAMTRAINING STRETCH 10:50 - 11:00		TEAMTRAINING STRETCH 10:50 - 11:00		TEAMTRAINING BEINE UND PO 11:00 - 11:20	TEAMTRAINING STRETCH 10:50 - 11:00	TEAMTRAINING RÜCKEN 11:00 - 11:20
				TEAMTRAINING STRETCH 11:20 - 11:30		TEAMTRAINING STRETCH 11:20 - 11:30
TEAMTRAINING BAUCH 17:00 - 17:20				TEAMTRAINING CIRCUIT 17:00 - 17:15		
TEAMTRAINING TRX 17:30 - 18:00	TEAMTRAINING FULLBODY WORKOUT 17:30 - 17:50	TEAMTRAINING TRX 17:30 - 18:00	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING TRX 17:30 - 18:00		
TEAMTRAINING TRX MOBILITY 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING TRX MOBILITY 18:00 - 18:20		
	TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING STRETCH 18:20 - 18:30	TEAMTRAINING BEINE UND PO 18:30 - 18:50	TEAMTRAINING BAUCH 18:30 - 18:50		
			TEAMTRAINING STRETCH 18:50 - 19:00			