

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT WOMEN 10:30 - 10:45	TEAMTRAINING CIRCUIT WOMEN 10:30 - 10:45	TEAMTRAINING CIRCUIT WOMEN 10:00 - 10:15		TEAMTRAINING BAUCH 10:00 - 10:20		
TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING TRX 10:30 - 11:00	TEAMTRAINING CIRCUIT WOMEN 10:30 - 10:45	TEAMTRAINING BAUCH 10:30 - 10:50	
TEAMTRAINING RÜCKEN 11:30 - 11:50	TEAMTRAINING BAUCH 11:30 - 11:50	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING PO 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20	SUPERFIT RÜCKEN 11:30 - 11:50
	TEAMTRAINING STRETCH 12:00 - 12:10		TEAMTRAINING TRAININGSSTART 11:30 - 11:50		TEAMTRAINING TRX 12:30 - 13:00	TEAMTRAINING BAUCH 12:00 - 12:20
						TEAMTRAINING TRAININGSSTART 12:30 - 12:50
TEAMTRAINING TRAININGSSTART 17:30 - 17:45	TEAMTRAINING CIRCUIT WOMEN 17:30 - 17:45	TEAMTRAINING CIRCUIT WOMEN 17:30 - 17:45	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING TRAININGSSTART 17:00 - 17:15	TEAMTRAINING RÜCKEN 17:30 - 17:50	
TEAMTRAINING CIRCUIT WOMEN 18:00 - 18:15	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING TRX 18:00 - 18:30	TEAMTRAINING BAUCH 18:00 - 18:20		
TEAMTRAINING RÜCKEN 18:30 - 18:50	SUPERFIT FULLBODY WORKOUT 18:30 - 18:50	TEAMTRAINING RÜCKEN 18:30 - 18:50	TEAMTRAINING BAUCH 18:30 - 18:50	TEAMTRAINING STRETCH 18:30 - 18:40		
TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING RÜCKEN 19:00 - 19:20	TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING STRETCH 19:00 - 19:10			
TEAMTRAINING PO 19:30 - 19:50	TEAMTRAINING BAUCH 19:30 - 19:50					
TEAMTRAINING STRETCH 20:00 - 20:10						