

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING CIRCUIT 12:00 - 12:15	TEAMTRAINING CIRCUIT 12:00 - 12:15	TEAMTRAINING CIRCUIT 12:00 - 12:15	TEAMTRAINING CIRCUIT 12:00 - 12:15	TEAMTRAINING CIRCUIT 12:00 - 12:15		
					TEAMTRAINING CIRCUIT 12:30 - 12:45	TEAMTRAINING CIRCUIT 12:30 - 12:45
TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING CIRCUIT 18:30 - 18:45				
		TEAMTRAINING PO 19:00- 19:20				
	TEAMTRAINING BAUCH 20:00- 20:20					