SUPERFIT

EUROPA-CENTER

TEAMTRAINING

GÜLTIG AB **01.04.2025**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
TEAMTRAINING RÜCKEN 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING BAUCH 10:00 - 10:20	TEAMTRAINING TRX RÜCKEN 10:00 - 10:20			
TEAMTRAINING BAUCH 10:30 - 10:50	TEAMTRAINING STRETCH 10:20 - 10:30	TEAMTRAINING RÜCKEN 10:30 - 10:50	TEAMTRAINING MOBILITY 10:30 - 10:50	TEAMTRAINING BAUCH 10:30 - 10:50		
TEAMTRAINING STRETCH 10:50 - 11:00	TEAMTRAINING CIRCUIT 10:30 - 10:45		TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING STRETCH 10:50 - 11:00	TEAMTRAINING TRX 11:00 - 11:30	
	TEAMTRAINING RÜCKEN 11:00 - 11:20			TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING BAUCH 12:00 - 12:20	TEAMTRAINING TRX RÜCKEN 12:00 - 12:20
				TEAMTRAINING BEINE UND PO 11:30 - 11:50	TEAMTRAINING STRETCH 12:20 - 12:30	TEAMTRAINING BAUCH 12:30 - 12:50
						TEAMTRAINING STRETCH 12:50 - 13:00
TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20	TEAMTRAINING BAUCH 18:00 - 18:20			
TEAMTRAINING STRETCH 18:20 - 18:30		TEAMTRAINING STRETCH 18:20 - 18:30		TEAMTRAINING BAUCH 17:00 - 17:20		
TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING BEINE UND PO 18:30 - 18:50	TEAMTRAINING TRX 18:30 - 19:00		
TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING TRX RÜCKEN 19:00 - 19:20	TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING TRX 19:00 - 19:30	TEAMTRAINING TRX MOBILITY 19:00 - 19:20		
	TEAMTRAINING BAUCH 20:00 - 20:20					