

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	TEAMTRAINING STRETCH 10:00 - 10:10	TEAMTRAINING BAUCH 10:00 - 10:20		TEAMTRAINING BAUCH 10:30 - 10:50		
TEAMTRAINING CIRCUIT 11:00 - 11:15	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING CIRCUIT 11:00 - 11:15	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING RÜCKEN 11:00 - 11:20	TEAMTRAINING BAUCH 11:00 - 11:20	TEAMTRAINING STRETCH 11:00 - 11:10
TEAMTRAINING BAUCH 11:30 - 11:50			TEAMTRAINING FASZIEN TRAINING 12:00 - 12:20		TEAMTRAINING FULLBODY WORKOUT 11:30 - 11:50	TEAMTRAINING RÜCKEN 11:30 - 11:50
TEAMTRAINING STRETCH 13:00 - 13:10		TEAMTRAINING CIRCUIT 12:30 - 12:45			TEAMTRAINING BAUCH 12:30 - 12:50	TEAMTRAINING TRX 12:00 - 12:30
						TEAMTRAINING BAUCH 12:30 - 12:50
					TEAMTRAINING STRETCH 13:50 - 14:00	
	TEAMTRAINING BAUCH 17:00 - 17:20		TEAMTRAINING CIRCUIT 17:00 - 17:15	TEAMTRAINING BAUCH 17:00 - 17:20		
TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING RÜCKEN 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING BAUCH 17:30 - 17:50	TEAMTRAINING RÜCKEN 17:30 - 17:50		
TEAMTRAINING RÜCKEN 18:00 - 18:20	TEAMTRAINING TRX 18:00 - 18:30		TEAMTRAINING STRETCH 18:20 - 18:30	TEAMTRAINING CIRCUIT 18:00 - 18:15		
TEAMTRAINING CIRCUIT 18:30 - 18:45	TEAMTRAINING BAUCH 18:30 - 18:50	TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING BAUCH 19:00 - 19:20	TEAMTRAINING BAUCH 18:30 - 18:50		
TEAMTRAINING BAUCH 19:30 - 19:50	TEAMTRAINING CIRCUIT 19:00 - 19:15	TEAMTRAINING RÜCKEN 19:30 - 19:50				
TEAMTRAINING STRETCH 20:00 - 20:10	TEAMTRAINING STRETCH 19:50 - 20:00	TEAMTRAINING STRETCH 20:00 - 20:10	TEAMTRAINING STRETCH 20:30 - 20:40			
TEAMTRAINING STRETCH 21:00 - 21:10						