

# GRUPPENTRAININGS

|               | MO               | DI             | MI               | DO             | FR            | SA               | SO             |
|---------------|------------------|----------------|------------------|----------------|---------------|------------------|----------------|
| 09:30 - 10:00 |                  | Zirkeltraining |                  |                | Krafttraining |                  |                |
| 10:00 - 10:30 |                  |                |                  |                |               |                  |                |
| 10:30 - 11:00 | Power Plate      | Rücken Express |                  |                | Power Plate   |                  |                |
| 11:00 - 11:30 |                  |                |                  | Zirkeltraining |               |                  |                |
| 11:30 - 12:00 |                  |                |                  |                |               |                  |                |
| 14:00 - 14:30 |                  |                |                  |                |               |                  |                |
| 14:30 - 15:00 |                  |                |                  |                |               | Power Plate      | Zirkeltraining |
| 15:00 - 15:30 |                  |                |                  |                |               | Athletic Workout |                |
| 15:30 - 16:00 |                  |                |                  |                |               |                  |                |
| 16:00 - 16:30 |                  |                |                  |                |               |                  |                |
| 16:30 - 17:00 |                  |                |                  |                |               |                  |                |
| 17:00 - 17:30 |                  | Krafttraining  |                  |                |               |                  |                |
| 17:30 - 18:00 | Zirkeltraining   |                |                  |                |               |                  |                |
| 18:00 - 18:30 |                  | Power Plate    |                  | Krafttraining  |               |                  |                |
| 18:30 - 19:00 | Athletic Workout |                | Zirkeltraining   |                |               |                  |                |
| 19:00 - 19:30 |                  |                |                  | Bauch Express  |               |                  |                |
| 19:30 - 20:00 |                  |                | Athletic Workout |                |               |                  |                |

... MEHR INFOS BEIM TEAM!