

# GRUPPENTRAININGS

	MO	DI	MI	DO	FR	SA	SO
08:30 - 09:00		Zirkeltraining					
09:00 - 09:30					Krafttraining		
09:30 - 10:00		Rücken Express					
10:00 - 10:30					Power Plate		
14:00 - 14:30						Krafttraining	
14:30 - 15:00							Zirkeltraining
15:00 - 15:30						Power Plate	
15:30 - 16:00						Athletic Workout	Funxtion Workout
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30							
17:30 - 18:00						Funxtion Workout	
18:00 - 18:30				Krafttraining			
18:30 - 19:00		Funxtion Workout					
19:00 - 19:30				Funxtion Workout			
19:30 - 20:00	Zirkeltraining	Krafttraining	Zirkeltraining	Bauch Express			
20:00 - 20:30							
20:30 - 21:00	Power Plate	Athletic Workout	Power Plate				

... MEHR INFOS BEIM TEAM!