

# GRUPPENTRAININGS

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

... MEHR INFOS BEIM TEAM!