

# GRUPPENTRAININGS

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

... MEHR INFOS BEIM TEAM!