

# GRUPPENTRAININGS

	MO	DI	MI	DO	FR	SA	SO
09:00 - 09:30					Krafttraining		
09:30 - 10:00							
10:00 - 10:30		Rücken Express			Power Plate		
10:30 - 11:00		Zirkeltraining					
11:00 - 11:30							
14:30 - 15:00						Krafttraining	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					Funxtion Workout		
18:00 - 18:30				Athletic Workout			
18:30 - 19:00	Zirkeltraining	Funxtion Workout	Zirkeltraining	Bauch Express			
19:00 - 19:30		Krafttraining					
19:30 - 20:00	Power Plate		Power Plate				
20:00 - 20:30		Athletic Workout					
20:30 - 21:00							

... MEHR INFOS BEIM TEAM!