

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 | | | | | | | |
| 18:00 - 18:30 | | | | | | | |
| 18:30 - 19:00 | Zirkeltraining | | | Zirkeltraining | | | |
| 19:00 - 19:30 | | Krafttraining | Athletic Workout | | | | |
| 19:30 - 20:00 | Power Plate | | Power Plate | Bauch Express | | | |
| 20:00 - 20:30 | | Athletic Workout | | | | | |
| 20:30 - 21:00 | | | | | | | |

... MEHR INFOS BEIM TEAM!