

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		
13:30 - 14:00							
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				Athletic Workout			
18:30 - 19:00				Bauch Express			
19:00 - 19:30	Zirkeltraining	Krafttraining	Zirkeltraining				
19:30 - 20:00							
20:00 - 20:30	Power Plate	Athletic Workout	Power Plate				

... MEHR INFOS BEIM TEAM!