

# 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		
10:30 - 11:00							
11:00 - 11:30							
14:30 - 15:00						Power Plate	Zirkeltraining
15:00 - 15:30						Athletic Workout	
15:30 - 16:00							
16:00 - 16:30							
16:30 - 17:00							
17:00 - 17:30							
17:30 - 18:00						Funxtion Workout	
18:00 - 18:30					Power Plate		
18:30 - 19:00	Zirkeltraining	Funxtion Workout	Zirkeltraining	Bauch Express			
19:00 - 19:30							
19:30 - 20:00	Power Plate	Krafttraining	Power Plate				
20:00 - 20:30							
20:30 - 21:00							

... MEHR INFOS BEIM TEAM!