

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	Outdoor Training 06.30-07.15 Team	High Jumping 09.00-09.25 Team					
9.00	Pilates 09.00-10.00 Oksana	Bauch, Beine, Po 09.30-10.00 Team	Wake up Pilates 09.00-10.00 Oksana	Bauch Xpress 09.00-09.25 Team	Circle Training 09.00-09.25 Team	Boot Camp 09.00-09.25 Team	High Jumping 09.00-09.25 Team
	4D PRO Beginner 09.30-10.15 Team	Circle Training 10.05-10.30 Team	Functional Parcours 09.30-10.00 Team	M.A.X. 09.30-10.00 Team	TRX & Bauch 09.30-10.00 Team	TRX 09.30-10.00 Team	Bauch Xpress 09.30-10.00 Team
10.00	Zumba 10.05-11.05 Sulimar	Strong Back 10.35-11.00 Team	Bauch Xpress 10.10-10.40 Team	Good Morning Yoga 10.10-11.10 Michelle	High Jumping 10.10-10.40 Team	Jumping 10.10-10.50 Team	Body Pump 10.05-11.05 Simone/Team
	Geräte Einführung 10.30-11.00 Team	TRX 11.45-12.10 Team	Zumba 10.10-11.10 Lukas	Geräte Einführung 10.30-11.00 Team	Faszien-Stretching 10.40-11.05 Team	Spinning 10.10-11.10 Margeritha	Spinning 10.10-11.10 Giovanna
11.00	TRX 11.45-12.10 Team	Spinning 12.10-13.10 Mike	4D PRO Bungee Workout 11.45-12.10 Team	High Jumping 11.45-12.10 Team	Bauch Xpress 11.45-12.10 Team	Bauch Xpress 11.00-11.20 Team	Boxen 10.15-11.15 im EG Paul/Ricci
	Spinning 12.10-13.10 Karin	Circle Training 12.15-12.45 Team	Geräte Einführung 12.15-12.45 Team	Spinning 12.10-13.10 Mike	Athletic Functional 12.15-12.40 Team	Yoga 11.30-12.30 Silvia	Pilates 11.10-12.10 Stefan
12.00	Athletic Functional 12.15-12.45 Team	Body Pump 12.15-13.15	Boot Camp 12.15-12.45 Team	Body Pump 12.15-13.15 Anja	Pilates 12.15-13.15 Romy		
	Yoga 12.15-13.15 Silvia	Faszien-Stretching 17.00-17.25 Team	Power Yoga 12.15-13.15 Andreas	Cardiorobic Jumping 17.00-17.25 Team			
17.00	High Jumping 17.00-17.25 Team	TRX & Bauch 17.30-18.00 Team	Boot Camp 17.00-17.25 Team	4D PRO Bungee Xplode 17.30-18.00 Team	Circle Training 17.00-17.25 Team		
	Boot Camp 17.30-18.00 Team	Circle Training 18.05-18.30 Team	High Jumping 17.30-18.00 Team	Functional Parcours 18.05-18.30 Team	Bauch Xpress 17.30-18.00 Team		
18.00	Zumba 17.30-18.30 Sulimar	Fatburner Step 18.10-19.10 Silvia	Athletic Functional 18.05-18.30 Team	Pilates 18.05-19.05 Claudia	High Jumping 18.10-18.45 Team		
	Bauch Xpress 18.05-18.30 Team	Boxen 19.00-20.00 im EG Paul	M.A.X. 18.35-19.05 Team	Boxen 19.00-20.00 im EG Paul			
19.00	M.A.X. 18.35-19.05 Team	Spinning 19.00-20.00 Giovanna	Functional Parcours 19.10-19.40 Team	Spinning 19.00-20.00 Giovanna			
	Spinning 19.00-20.00	Bauch Xpress 19.15-19.40 Team	Body Pump 19.15-20.15	High Jumping 19.10-19.45 Team			
20.00	Body Pump 19.10-20.10	Boot Camp 19.45-20.15 Team	4D PRO Bungee 20.30-21.00 Team	Bauch Xpress 19.50-20.15 Team			
	TRX 20.20-20.50 Team	Power Yoga 19.45-20.45 Silvia		Faszien-Stretching 20.20-20.50 Team			

jeden Montag Dienstag Mittwoch
18.00 bis 18.30 Uhr
Geräte Einführung
Kraftgeräte
Senso Pro
Koordinationstraining
Flex Stretching

HerzKreislauftraining

Kräftigung / Ausdauer

Beweglichkeit / Stabilität / Relax