

Trainingsplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
					10.45-11.45h Bodypump (Regula/Team)	
	12.30-13.15h Bootcamp (Ella/Team)	12.30-13.30h Bodypump (Regula)	12.15-13.15h AKB (Team)	12.30-13.15h Gerade KW MAX (Dan) 12.30-13.30h Ungerade KW Bodypump	12.15-13.15h AKB (Sara/Team)	
17.45-18.45h Bodypump (Gaby)						
18.50-19.50h Bodypump (Regula)	18.00-19.15h Kickboxing (Team)	18.00-19.00h AKB (Ella)	18.00-19.00h Bodypump (Gabi)	18.00-18.45h Gerade KW Bootcamp (Ste/Team) / Ungerade KW MAX (Regula)		
20.00-21.00h Body & Mind (Regula)	19.15-20.15h AKB (Stefania)	19.15-20.15h Bodypump (Dan)	19.05-20.35h Kickboxing (Marco)	19.00-20.00h Body & Mind (Regula)		

Stand: 15.05.2017