

## Trainingsplan

| Montag                                  | Dienstag                                | Mittwoch                              | Donnerstag                                  | Freitag                                     | Samstag                                   | Sonntag |
|---|---|---------------------------------------|---|---|---|---------|
|   |   |                                       |   |   |   |         |
|   |   |                                       |   |   | 10.45-11.45h<br>Bodypump<br>(Regula/Team) |         |
|   | 12.30-13.15h<br>Bootcamp<br>(Ella/Team) | 12.30-13.30h<br>Bodypump<br>(Regula)  | 12.15-13.15h<br>AKB<br>(Regula/<br>Deborah) |   | 12.15-13.15h<br>AKB<br>(Sara/Team)        |         |
|   |   |                                       |   |   |   |         |
| 17.45-18.45h<br>Bodypump<br>(Gaby)      |   | 17.30-18.15h<br>KB meets BC<br>(Yves) |   |   |   |         |
| 18.50-19.50h<br>Bodypump<br>(Regula)    | 18.00-19.15h<br>Kickboxing<br>(Team)    | 18.15-19.15h<br>AKB (Ella)            | 18.00-19.00h<br>Bodypump<br>(Gabi)          | 18.00-18.50h<br>#TGIF<br>Bodypump<br>(Team) |   |         |
| 20.00-21.00h<br>Body & Mind<br>(Regula) | 19.15-20.15h<br>AKB (Stefania)          | 19.20-20.20h<br>Bodypump<br>(Dan)     | 19.05-20.35h<br>Kickboxing<br>(Marco)       | 19.00-20.00h<br>Body & Mind<br>(Team)       |   |         |

Stand: 17.02.2018