

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
				16:00 - 17:00 Total Body / Circle geplant		12:00 - 12:30 Lower Body TRX geplant
	18.00 - 18:30 BBP Marion	18:00 - 18:30 BBP Kerstin	17:30 -18:15 WS Gym Ralf			12:30 - 13:00 Core TRX gelant
19:00 - 19:30 Lower Body TRX Christine	18:30 - 19:00 Functional Playground Circle Marion	18:30 - 19:00 Bauch Express TRX Kerstin				
	19:00 - 19:15 Stretching Marion		19:00 - 19:30 Functional Playground Circle Marion			
20:00 - 21:00 Total Body TRX Ralf						