

Trainingsplan

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

Stand: 26.02.2016