

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00-12:00 Power Plate	Personaltraining	08:00-12:00 Power Plate	Personaltraining	08:00-08:50 Power Plate	Personaltraining	
	Personaltraining		Personaltraining	09:00-10:00 Bauch/Beine/Po	Personaltraining	
	Personaltraining		Personaltraining	10:15-12:00 Power Plate	Personaltraining	
	Personaltraining		Personaltraining	Personaltraining	Personaltraining	
17:15-18:15 Rückenfitness	Personaltraining	Personaltraining	17:15-18:15 Bauch/Beine/Po			
18:45-19:45 Bauch/Beine/Po	19:00-20:00 Langhantel Power	18:40-19:40 Langhantel Power	18:45-19:45 Bauch/Beine/Po			
20:15-21:15 Langhantel Power	20:15-21:15 Langhantel Power		Personaltraining			
Personaltraining	Personaltraining	Personaltraining	Personaltraining			
18:20-18:40 Power Plate	17:00-18:50 Power Plate	16:30-17:50 Power Plate	18:20-18:40 Power Plate			
19:50-20:10 Power Plate		19:50-21:30 Power Plate	20:00-21:30 Power Plate			

