













DEIN TRAININGSPROGRAMM AB 1. MAI 2022

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
 TRX® BASIC 9:00 - 9:45 Trainingshalle REGINA WEIBEL		 TRX® LIFE 13:30 - 14:15 Trainingshalle REGINA WEIBEL		 TRX® BASIC 9:00 - 9:45 Trainingshalle REGINA WEIBEL	 TRX® STRONG 8:30 - 9:30 Trainingshalle PHIL	 CYCLING® 9:00 - 10:15 Trainingshalle ALESSANDRO
 TRX® STRONG 18:15 - 19:00 Trainingshalle PHIL	 BOOTCAMP 19:00 - 20:00 OUTDOOR PHIL + SASKIA	 TRX® SPECIAL 18:30 - 19:15 Trainingshalle REGINA STRAUB	 FUNCTIONAL 19:00 - 20:00 TRAININGSRAUM 1. OG SASKIA			
	 CYCLING® 19:00 - 20:00 Trainingshalle ALESSANDRO	 CORE® WORKSHOP 19:30 - 20:15 Trainingshalle REGINA WEIBEL		 CYCLING® 19:00 - 20:00 Trainingshalle ALESSANDRO		

