

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:00	Wake Up Functional Ingo 8:00-9:00			Freies Training Silvan 8:00-9:00		
09:00	Freies Training/ KGG Kai 09:00-10:00	Pilates Ingo 9:00-10:00		Funktionell Silvan 9:15-10:30		Funktionell Basic Janna 9:00-10:00
10:00					Funktional Fit 60+ Kai 10:00-11:00	Freies Training Janna 10:00-12:30
11:00		Funktional Fit 60+ Mario 10:30-11:30		Funktional Fit 60+ Ingo 10:30-11:30	Freies Training/ KGG Silvan/ Ingo 11:00-12:00	
12:00	Freies Training Silvan 11:30-15:00			Freies Training Silvan 12:00-14:00	Pilates Ingo 12:00-13:00	
13:00					Funktional Fit 60+ Silvan 13:00-14:00	
14:00			Freies Training/ KGG Kai 14:00-15:00	Personal Training Silvan 14:00-15:00	Freies Training Silvan 14:00-15:00	
15:00	Freies Training/ KGG Silvan/ Ingo 15:00-16:00	Freies Training Silvan 15:00-17:00	Freies Training Silvan 15:00-16:00	Freies Training Silvan 15:00-16:00	Freies Training/ KGG Mario 15:00-16:00	
16:00	Funktionelle Jugend 12-16 Jahre Silvan 16:00-17:00		Freies Training/ Personal Training Thomas/Silvan 16:00-17:00	Freies Training/ KGG Silvan/Ingo 16:00-17:00		
17:00	Freies Training Silvan 17:00-18:00	Personal Training Silvan 17:00-18:00	Funktionelle Jugend 12-16 Jahre Silvan 17:00-18:00	Faszienkurs Kerstin 17:00-18:00	Freies Training Marc 17:00-19:30	
18:00	Mobiit Jaqueline 18:00-19:00	Funktionell Silvan 18:00-19:00	Funktionell Silvan 18:00-19:00	Funktionell Silvan 18:00-19:00		
19:00	Freies Training/ KGG Mario 19:00-20:00	Freies Training Silvan 19:00-20:30	Freies Training/ KGG Mario/ Thomas 19:00-20:00	Freies Training/ KGG Ingo 19:00-20:00		
20:00				Athletik Funktionell Ingo 20:00-21:00		