

2021		Januar				
MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
28	29	30	31	01	02	03
				18:00 - 18:45 Rumpfstabi		10:00 - 10:45 Bauchmuskel- training
04	05	06	07	08	09	10
10:00 - 10:45 Fit in 45 min.		10:00 - 10:45 Faszientraining 18:00 - 18:45 Rückenschule				10:00 - 10:45 Bauchmuskel- training
19:00 - 19:45 Krafttraining	18:00 - 18:45 Bodyforming	19:00 - 19:45 Afterwork-Fit	19:00 - 19:45 Yoga	18:00 - 18:45 Rumpfstabi		
11	12	13	14	15	16	17
10:00 - 10:45 Fit in 45 min.		10:00 - 10:45 Faszientraining 18:00 - 18:45 Rückenschule				10:00 - 10:45 Bauchmuskel- training
19:00 - 19:45 Krafttraining	18:00 - 18:45 Bodyforming	19:00 - 19:45 Afterwork-Fit	19:00 - 19:45 Yoga	18:00 - 18:45 Rumpfstabi		
18	19	20	21	22	23	24
10:00 - 10:45 Fit in 45 min.		10:00 - 10:45 Faszientraining 18:00 - 18:45 Rückenschule				10:00 - 10:45 Bauchmuskel- training
19:00 - 19:45 Krafttraining	18:00 - 18:45 Bodyforming	19:00 - 19:45 Afterwork-Fit	19:00 - 19:45 Yoga	18:00 - 18:45 Rumpfstabi		
25	26	27	28	29	30	31
10:00 - 10:45 Fit in 45 min.		10:00 - 10:45 Faszientraining 18:00 - 18:45 Rückenschule				10:00 - 10:45 Bauchmuskel- training
19:00 - 19:45 Krafttraining	18:00 - 18:45 Bodyforming	19:00 - 19:45 Afterwork-Fit	19:00 - 19:45 Yoga	18:00 - 18:45 Rumpfstabi		