

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Functional Area	Functional Area	Functional Area	Functional Area	Functional Area	Functional Area	Functional Area
		9.30 - 10.25h Functional Workout		9.30 - 10.25h Functional Workout		
					11.30 - 12.25h Boxen (Raum B)	
					12.30 - 13.25h TRX	
					13.30 - 14.25h Functional Workout	
			17.00 - 17.55h Beginner Functional	17.00 - 17.55h Functional Workout		
18.00 - 18.55h Functional Workout	18.15 - 18.55h TRX		18.00 - 18.55h Functional Workout	18.00 - 18.55h Boxen (Raum B)		
19.00 - 19.55h Functional Workout	19.00 - 19.55h Functional Workout	19.00 - 19.55h Functional Workout	19.00 - 19.55h Endurance			
	20.00 - 20.30h Boxen (Raum B)					