

# UNSER ANGEBOT

- TRAINING IN KLEINGRUPPEN
- ATHLETIKTRAINING
- PERSONAL TRAINING
- PHYSIOTHERAPIE
- MEDIZINISCHE TRAININGSTHERAPIE
- MASSAGE

## UNSER TRAININGSPLAN

### MONTAG

07.30 – 17.15 Open Gym

17.15 – 18.15 60' Overall Performance

18.15 – 19.15 60' Overall Performance

19.15 – 20.00 Open Gym

### DONNERSTAG

07.30 – 18.00 Open Gym

18.00 – 19.00 60' Overall Performance

18.00 – 20.00 60' Overall Performance

### DIENSTAG

07.30 – 20.00 Open Gym

### FREITAG

07.30 – 20.00 Open Gym

### MITTWOCH

07.30 – 13.30 Open Gym

13.30 – 14.30 60' Functional Kids Training

14.30 – 17.15 Open Gym

17.15 – 18.15 60' Energy System  
Development

18.15 – 19.15 60' Overall Performance

19.15 – 20.00 Open Gym

### SAMSTAG

07.30 – 10.00 Open Gym

10.00 – 11.00 60' Energy System  
Development

11.00 – 12.00 60' Overall Performance

12.00 – 13.30 Open Gym