



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
00	00 Rücken Fit	Total Body Workout	Fat Attack	Rücken Fit	Bauch Beine Po	Core Work	Total Body Workout
	30 Bauch Beine Po	Rücken Fit	Total Body Workout	Fat Attack	Rücken Fit	Bauch Beine Po	Core Work
01	00 Cyber-Pump Express	Bauch Beine Po	Rücken Fit	Total Body Workout	Fat Attack	Rücken Fit	Bauch Beine Po
	30 Fat Attack	Cyber-Pump Express	Bauch Beine Po	Rücken Fit	Total Body Workout	Fat Attack	Rücken Fit
02	00 Cyber-Pump Basic	Fat Attack	Cyber-Pump Express	Bauch Beine Po	Rücken Fit	Total Body Workout	Fat Attack
	30	Cyber-Pump Basic	Fat Attack	Cyber-Pump Express	Bauch Beine Po	Rücken Fit	Total Body Workout
03	00 Rücken Fit		Cyber-Pump Basic	Fat Attack	Cyber-Pump Express	Bauch Beine Po	Rücken Fit
	30 Bauch Beine Po	Rücken Fit		Cyber-Pump Basic	Fat Attack	Cyber-Pump Express	Bauch Beine Po
04	00 Cyber-Pump Express	Bauch Beine Po	Rücken Fit		Cyber-Pump Basic	Fat Attack	Cyber-Pump Express
	30 Pilates	Cyber-Pump Express	Bauch Beine Po	Rücken Fit		Cyber-Pump Basic	Fat Attack
05	00 Core Work	Pilates	Cyber-Pump Express	Bauch Beine Po	Rücken Fit		Cyber-Pump Basic
	30 Total Body Workout	Core Work	Pilates	Cyber-Pump Express	Bauch Beine Po	Rücken Fit	
06	00 Bauch Beine Po	Total Body Workout	Core Work	Pilates	Cyber-Pump Express	Bauch Beine Po	Rücken Fit
	30 Rücken Fit	Bauch Beine Po	Total Body Workout	Core Work	Pilates	Cyber-Pump Express	Bauch Beine Po
07	00 Cyber-Pump Basic	Rücken Fit	Bauch Beine Po	Total Body Workout	Core Work	Pilates	Cyber-Pump Express
	30	Cyber-Pump Basic	Rücken Fit	Bauch Beine Po	Total Body Workout	Core Work	Pilates
08	00 Fat Attack		Cyber-Pump Basic	Rücken Fit	Bauch Beine Po	Total Body Workout	Core Work
	30 Core Work	Fat Attack		Cyber-Pump Basic	Rücken Fit	Bauch Beine Po	Total Body Workout
09	00 Total Body Workout	Core Work	Fat Attack		Cyber-Pump Basic	Rücken Fit	Bauch Beine Po
	30 Combat	Total Body Workout	Core Work	Fat Attack		Cyber-Pump Basic	Rücken Fit
10	00 Bauch Beine Po	Combat	Total Body Workout	Core Work	Fat Attack		Cyber-Pump Basic
	30 Pilates	Bauch Beine Po	Combat	Total Body Workout	Core Work	Fat Attack	
11	00 Total Body Workout	Pilates	Bauch Beine Po	Combat	Total Body Workout	Core Work	Fat Attack
	30 Core Work	Total Body Workout	Pilates	Bauch Beine Po	Combat	Total Body Workout	Core Work
12	00 Rücken Fit	Core Work	Total Body Workout	Pilates	Bauch Beine Po	Combat	Total Body Workout
	30 Cyber-Pump Express	Rücken Fit	Core Work	Total Body Workout	Pilates	Bauch Beine Po	Combat
13	00 Total Body Workout	Cyber-Pump Express	Rücken Fit	Core Work	Total Body Workout	Pilates	Bauch Beine Po
	30 Fat Attack	Total Body Workout	Cyber-Pump Express	Rücken Fit	Core Work	Total Body Workout	Pilates
14	00 Cyber-Pump Basic	Fat Attack	Total Body Workout	Cyber-Pump Express	Rücken Fit	Core Work	Total Body Workout
	30	Cyber-Pump Basic	Fat Attack	Total Body Workout	Cyber-Pump Express	Rücken Fit	Core Work
15	00 Bauch Beine Po		Cyber-Pump Basic	Fat Attack	Total Body Workout	Cyber-Pump Express	Rücken Fit
	30 Core Work	Bauch Beine Po		Cyber-Pump Basic	Fat Attack	Total Body Workout	Cyber-Pump Express
16	00 Rücken Fit	Core Work	Bauch Beine Po		Cyber-Pump Basic	Fat Attack	Total Body Workout
	30 Total Body Workout	Rücken Fit	Core Work	Bauch Beine Po		Cyber-Pump Basic	Fat Attack
17	00 Core Work	Total Body Workout	Rücken Fit	Core Work	Bauch Beine Po		Cyber-Pump Basic
	30 Bauch Beine Po	Core Work	Total Body Workout	Rücken Fit	Core Work	Bauch Beine Po	
18	00 Fat Attack	Bauch Beine Po	Core Work	Total Body Workout	Rücken Fit	Core Work	Bauch Beine Po
	30 Cyber-Pump Express	Fat Attack	Bauch Beine Po	Core Work	Total Body Workout	Rücken Fit	Core Work
19	00 Total Body Workout	Cyber-Pump Express	Fat Attack	Bauch Beine Po	Core Work	Total Body Workout	Rücken Fit
	30 Rücken Fit	Total Body Workout	Cyber-Pump Express	Fat Attack	Bauch Beine Po	Core Work	Total Body Workout
20	00 Combat	Rücken Fit	Total Body Workout	Cyber-Pump Express	Fat Attack	Bauch Beine Po	Core Work
	30 Fat Attack	Combat	Rücken Fit	Total Body Workout	Cyber-Pump Express	Fat Attack	Bauch Beine Po
21	00 Cyber-Pump Basic	Fat Attack	Combat	Rücken Fit	Total Body Workout	Cyber-Pump Express	Fat Attack
	30	Cyber-Pump Basic	Fat Attack	Combat	Rücken Fit	Total Body Workout	Cyber-Pump Express
22	00 Bauch Beine Po		Cyber-Pump Basic	Fat Attack	Combat	Rücken Fit	Total Body Workout
	30 Rücken Fit	Bauch Beine Po		Cyber-Pump Basic	Fat Attack	Combat	Rücken Fit
23	00 Fat Attack	Rücken Fit	Bauch Beine Po		Cyber-Pump Basic	Fat Attack	Combat
	30 Total Body Workout	Fat Attack	Rücken Fit	Bauch Beine Po		Cyber-Pump Express	Fat Attack