



EFFICIENCY TRAINING

by Maik Resch

GROUPTRAINING ZEITENÜBERSICHT

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
06.15 - 07.00	SUNRISE WORKOUT					
07.15 - 08.00	EARLY BIRD TRAINING					
09.00 - 09.45	MORNING MOVE					
10.00 - 10.45	VITAL 55PLUS					
12.15 - 13.00	LUNCHTIME FIT					
16.00 - 16.45	WOMAN ONLY FITNESS CLASS - WOFC					
17.00 - 17.45	AFTER WORK FITNESS					
18.00 - 18.45	HIT WORKOUT	WOFC	HIT	WOFC	HIT	
19.00 - 19.45	ULTIMATE CHALLENGE					