

## Montag

TFW Strength Training <i>Strength Training</i>	09:15 - 10:15
Semi-Privat Personal Training	10:30 - 11:30
TFW Strength Training <i>Strength Training</i>	17:00 - 18:00
TFW Strength Training	18:00 - 19:00
TFW Strength Training <i>Strength Training</i>	19:00 - 20:00
Semi-Privat Personal Training	20:30 - 21:30
Kickboxen	20:30 - 22:00

## Dienstag

TFW Strength Training <i>Strength Training</i>	06:45 - 07:45
Semi-Privat Personal Training	17:00 - 18:00
TFW Hurricane/Energy Circuit	18:00 - 19:00
TFW Hurricane/Energy Circuit	19:00 - 20:00
Kickboxen	20:00 - 21:00

## Mittwoch

TFW Hurricane/Energy Circuit	09:15 - 10:15
Semi-Privat Personal Training	10:30 - 11:30
TFW Strength Training	

Strength Training	17:00 - 18:00
TFW Strength Training Strength Training	19:30 - 20:30
Semi-Privat Personal Training	20:30 - 21:30
Kickboxen	20:30 - 22:00

## Donnerstag

TFW Strength Training Strength Training	06:45 - 07:45
TFW Strength Training Strength Training	09:15 - 10:15
Semi-Privat Personal Training	10:30 - 11:30
Semi-Privat Personal Training	17:00 - 18:00
TFW Hurricane/Energy Circuit	18:00 - 19:00
TFW Hurricane/Energy Circuit	19:00 - 20:00
Kickboxen	20:00 - 21:30

## Freitag

Semi-Privat Personal Training	10:30 - 11:30
TFW Strength Training Strength Training	17:00 - 18:00
TFW Strength Training Strength Training	19:30 - 20:30

## Samstag

TFW Hurricane/Energy Circuit	11:00 - 12:00
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