

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM		Good Morning Yoga (Marie)					
8:30 AM	Leg Day: Lower Limb Resistance (Leander)	Balance, Stability & Core (David)	Lower Back Fitness (Leander)	Core Training (Leander)	Leg Day: Lower Limb Mobility (Leander)	Lower Back Fitness (Leander)	Active Relaxation to start the Day (David)
9:30 AM	Stretch & Mobility (Falk)		Stretch & Relax (Leander)	Stretch & Mobility (Leander)	Leg Day: Lower Limb Resistance (Leander)	Stretch & Mobility (Falk)	Resistance: Abs, Back, Shoulders (David)
6:00 PM	The 1-Minute-Workout (David)	Abs, Legs, Glutes (Falk)	Coordination (Leander)	Abs, Legs, Glutes (David)	Brain-Jogging (David)	Balance, Stability & Core (Falk)	Whole-body Circuit (Falk)
7:00 PM	Abs and Core (David)	HIIT: Intensive Endurance (Falk)	Stability Challenge (Leander)	Relaxation (David)	The 1-Minuten-Workout (David)	Moderate Endurance Training (Falk)	Stretch & Mobility (Falk)

strength
 relaxation & mobility
 coordination
 endurance