

HOT IRON

Quartal	Montag 20:15 – 21:15	Mittwoch 19:00 – 20:00	Freitag 19:15 – 20:15
Q1	IRON CROSS [®]	HOT IRON [®] 2	HOT IRON [®] 1
Q2	HOT IRON [®] 1	IRON CROSS [®]	HOT IRON [®] 2
Q3	HOT IRON [®] 2	HOT IRON [®] 1	IRON CROSS [®]
Q4	IRON CROSS [®]	HOT IRON [®] 2	HOT IRON [®] 1

HOT IRON[®] 1 = Einsteiger ins IRON SYSTEM[®] (Kraft-Ausdauertraining)
HOT IRON[®] 2 = Fortgeschrittene (Kraft-Ausdauertraining)
IRON CROSS[®] = Könnler (Muskelhypertrophietraining)