



Quartal	Montag 20:00-21:00	Mittwoch 19:10-20:10	Freitag 19:00-20:00
Q1	HOT IRON® 1	IRON CROSS®	HOT IRON® 2
Q2	HOT IRON® 2	HOT IRON® 1	IRON CROSS®
Q3	IRON CROSS®	HOT IRON® 2	HOT IRON® 1
Q4	HOT IRON® 2	IRON CROSS®	HOT IRON® 1

HOT IRON® 1 = Einsteiger ins IRON SYSTEM® (Kraft- Ausdauertraining)

HOT IRON® 2 = Fortgeschrittene (Kraft- Ausdauertraining)

IRON CROSS® = Könnler (Muskelhypertrophietraining)

