



Montag , 10.10

12:15 - 12:45

Cardio Flash
Team

18:30 - 19:00

Toning Flash
Team

Dienstag , 11.10

09:00 - 09:30

Abdos
Team

Mittwoch , 12.10

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Donnerstag , 13.10

Freitag , 14.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samstag , 15.10

Sonntag , 16.10