



Montag , 24.10

12:15 - 12:45

Cardio Flash
Team

18:30 - 19:00

Toning Flash
Team

Dienstag , 25.10

09:00 - 09:30

Abdos
Team

Mittwoch , 26.10

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Donnerstag , 27.10

Freitag , 28.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samstag , 29.10

Sonntag , 30.10