



Montag , 12.12

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 13.12

09:00 - 09:30

Abdos
Team

Mittwoch , 14.12

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 15.12

Freitag , 16.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 17.12

Sonntag , 18.12