



Montag , 19.12

12:15 - 12:45	18:30 - 19:00
Cardio	Total Body
Team	Team

Dienstag , 20.12

09:00 - 09:30
Abdos
Team

Mittwoch , 21.12

12:15 - 12:45	18:30 - 19:00
Total Body	Cardio
Team	Team

Donnerstag , 22.12

Freitag , 23.12

09:00 - 09:30	12:15 - 12:45
Abdos	Cardio
Team	Team

Samstag , 24.12

Sonntag , 25.12