



Montag , 26.12

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 27.12

09:00 - 09:30

Abdos
Team

Mittwoch , 28.12

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 29.12

Freitag , 30.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 31.12

Sonntag , 01.01