



Montag , 02.01

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 03.01

09:00 - 09:30

Abdos
Team

Mittwoch , 04.01

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 05.01

Freitag , 06.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 07.01

Sonntag , 08.01