



Montag , 20.02

18:30 - 19:00

Total Body
Team

Dienstag , 21.02

09:00 - 09:30

Abdos
Team

Mittwoch , 22.02

18:30 - 19:00

Cardio
Team

Donnerstag , 23.02

18:30 - 19:00

Total Body
Team

Freitag , 24.02

09:00 - 09:30
Abdos
Team

12:15 - 12:45
Cardio
Team

18:30 - 19:00
Abdos
Team

Samstag , 25.02

Sonntag , 26.02