



Montag , 28.08

18:30 - 19:00

Total Body
Team

Dienstag , 29.08

09:00 - 09:30
Abdos
Team

18:30 - 19:00
Abdos
Team

Mittwoch , 30.08

18:30 - 19:00

Cardio
Team

Donnerstag , 31.08

18:30 - 19:00

Total Body
Team

Freitag , 01.09

09:00 - 09:30
Abdos
Team

12:15 - 12:45
Cardio
Team

18:30 - 19:00
Abdos
Team

Samstag , 02.09

Sonntag , 03.09