



Montag , 04.09

18:30 - 19:00

Total Body
Team

Dienstag , 05.09

09:00 - 09:30
Abdos
Team

18:30 - 19:00
Abdos
Team

Mittwoch , 06.09

18:30 - 19:00

Cardio
Team

Donnerstag , 07.09

18:30 - 19:00

Total Body
Team

Freitag , 08.09

09:00 - 09:30
Abdos
Team

12:15 - 12:45
Cardio
Team

18:30 - 19:00
Abdos
Team

Samstag , 09.09

Sonntag , 10.09