



Montag , 09.10

18:30 - 19:00
<i>Total Body</i>
Team

Dienstag , 10.10

09:00 - 09:30	18:30 - 19:00
<i>Abdos</i>	<i>Abdos</i>
Team	Team

Mittwoch , 11.10

18:30 - 19:00
<i>Cardio</i>
Team

Donnerstag , 12.10

18:30 - 19:00
<i>Total Body</i>
Team

Freitag , 13.10

09:00 - 09:30	12:15 - 12:45	18:30 - 19:00
<i>Abdos</i>	<i>Cardio</i>	<i>Abdos</i>
Team	Team	Team

Samstag , 14.10

Sonntag , 15.10