



Montag , 16.10

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

Dienstag , 17.10

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

Mittwoch , 18.10

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

Donnerstag , 19.10

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

Freitag , 20.10

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

Samstag , 21.10

Sonntag , 22.10