

Montag , 30.10

18:30 - 19:00

Total Body
Team

Dienstag , 31.10

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 01.11

18:30 - 19:00

Cardio
Team

Donnerstag , 02.11

18:30 - 19:00

Total Body
Team

Freitag , 03.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 04.11

Sonntag , 05.11