

Montag , 06.11

18:30 - 19:00

Total Body
Team

Dienstag , 07.11

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 08.11

18:30 - 19:00

Cardio
Team

Donnerstag , 09.11

18:30 - 19:00

Total Body
Team

Freitag , 10.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 11.11

Sonntag , 12.11