

Montag , 27.11

18:30 - 19:00

Total Body
Team

Dienstag , 28.11

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 29.11

18:30 - 19:00

Cardio
Team

Donnerstag , 30.11

18:30 - 19:00

Total Body
Team

Freitag , 01.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 02.12

Sonntag , 03.12