



Montag , 25.12

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

Dienstag , 26.12

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

Mittwoch , 27.12

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

Donnerstag , 28.12

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

Freitag , 29.12

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 , 30.12

Sonntag , 31.12