



Montag , 01.01

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

Dienstag , 02.01

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

Mittwoch , 03.01

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

Donnerstag , 04.01

Freitag , 05.01

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 , 06.01

Sonntag , 07.01