

Montag , 15.01

**18:30 - 19:00**

*Total Body*  
Team

Dienstag , 16.01

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

Mittwoch , 17.01

**18:30 - 19:00**

*Cardio*  
Team

Donnerstag , 18.01

**18:30 - 19:00**

*Total Body*  
Team

Freitag , 19.01

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Abdos*  
Team

Samstag , 20.01

Sonntag , 21.01