



Montag , 29.01

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

Dienstag , 30.01

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

Mittwoch , 31.01

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

Donnerstag , 01.02

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

Freitag , 02.02

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 , 03.02

Sonntag , 04.02