



Montag , 26.02

18:30 - 19:00

Total Body
Team

Dienstag , 27.02

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 28.02

18:30 - 19:00

Cardio
Team

Donnerstag , 29.02

18:30 - 19:00

Total Body
Team

Freitag , 01.03

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 02.03

Sonntag , 03.03