



Montag , 22.04

18:30 - 19:00

Total Body
Team

Dienstag , 23.04

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 24.04

18:30 - 19:00

Cardio
Team

Donnerstag , 25.04

18:30 - 19:00

Total Body
Team

Freitag , 26.04

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 27.04

Sonntag , 28.04