

Montag , 17.06

**18:30 - 19:00**

*Total Body*  
Team

Dienstag , 18.06

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

Mittwoch , 19.06

**18:30 - 19:00**

*Cardio*  
Team

Donnerstag , 20.06

**18:30 - 19:00**

*Total Body*  
Team

Freitag , 21.06

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Abdos*  
Team

Samstag , 22.06

Sonntag , 23.06