

Montag , 01.07

18:30 - 19:00

Total Body
Team

Dienstag , 02.07

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 03.07

18:30 - 19:00

Cardio
Team

Donnerstag , 04.07

18:30 - 19:00

Total Body
Team

Freitag , 05.07

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 06.07

Sonntag , 07.07