

Montag , 02.12

18:30 - 19:00

Total Body
Team

Dienstag , 03.12

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 04.12

18:30 - 19:00

Cardio
Team

Donnerstag , 05.12

18:30 - 19:00

Total Body
Team

Freitag , 06.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 07.12

Sonntag , 08.12