



Montag , 03.10

Dienstag , 04.10

09:00 - 09:30

Abdos
Team

Mittwoch , 05.10

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Donnerstag , 06.10

Freitag , 07.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samstag , 08.10

Sonntag , 09.10