



Montag , 05.12

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 06.12

09:00 - 09:30

Abdos
Team

Mittwoch , 07.12

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 08.12

Freitag , 09.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 10.12

Sonntag , 11.12