



Montag , 27.03

18:30 - 19:00

Total Body
Team

Dienstag , 28.03

09:00 - 09:30
Abdos
Team

18:30 - 19:00
Abdos
Team

Mittwoch , 29.03

18:30 - 19:00

Cardio
Team

Donnerstag , 30.03

18:30 - 19:00

Total Body
Team

Freitag , 31.03

09:00 - 09:30
Abdos
Team

12:15 - 12:45
Cardio
Team

18:30 - 19:00
Abdos
Team

Samstag , 01.04

Sonntag , 02.04