



Montag , 27.02

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 28.02

09:00 - 09:30

Abdos
Team

Mittwoch , 01.03

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 02.03

Freitag , 03.03

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 04.03

Sonntag , 05.03