



Montag , 06.03

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 07.03

09:00 - 09:30

Abdos
Team

Mittwoch , 08.03

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 09.03

Freitag , 10.03

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 11.03

Sonntag , 12.03