



Montag , 13.03

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 14.03

09:00 - 09:30

Abdos
Team

Mittwoch , 15.03

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 16.03

Freitag , 17.03

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 18.03

Sonntag , 19.03