



Montag , 27.03

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

Dienstag , 28.03

**09:00 - 09:30**

*Abdos*  
Team

Mittwoch , 29.03

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

Donnerstag , 30.03

Freitag , 31.03

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

Samstag , 01.04

Sonntag , 02.04