



Montag , 03.04

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 04.04

09:00 - 09:30

Abdos
Team

Mittwoch , 05.04

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 06.04

Freitag , 07.04

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 08.04

Sonntag , 09.04