



Montag , 10.04

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 11.04

09:00 - 09:30

Abdos
Team

Mittwoch , 12.04

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 13.04

Freitag , 14.04

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 15.04

Sonntag , 16.04