



Montag , 22.05

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

Dienstag , 23.05

**09:00 - 09:30**

*Abdos*  
Team

Mittwoch , 24.05

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

Donnerstag , 25.05

Freitag , 26.05

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

Samstag , 27.05

Sonntag , 28.05