



Montag , 03.07

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 04.07

09:00 - 09:30

Abdos
Team

Mittwoch , 05.07

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 06.07

Freitag , 07.07

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 08.07

Sonntag , 09.07