



Montag , 24.07

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 25.07

09:00 - 09:30

Abdos
Team

Mittwoch , 26.07

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 27.07

Freitag , 28.07

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 29.07

Sonntag , 30.07