



Montag , 31.07

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 01.08

09:00 - 09:30

Abdos
Team

Mittwoch , 02.08

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 03.08

Freitag , 04.08

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 05.08

Sonntag , 06.08