



Montag , 07.08

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 08.08

09:00 - 09:30

Abdos
Team

Mittwoch , 09.08

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 10.08

Freitag , 11.08

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 12.08

Sonntag , 13.08