



Montag , 28.08

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 29.08

09:00 - 09:30

Abdos
Team

Mittwoch , 30.08

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 31.08

Freitag , 01.09

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 02.09

Sonntag , 03.09