

Montag , 09.10

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 10.10

09:00 - 09:30

Abdos
Team

Mittwoch , 11.10

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 12.10

Freitag , 13.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 14.10

Sonntag , 15.10