



Montag , 20.03

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

Dienstag , 21.03

**09:00 - 09:30**

*Abdos*  
Team

Mittwoch , 22.03

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

Donnerstag , 23.03

Freitag , 24.03

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

Samstag , 25.03

Sonntag , 26.03