

Montag , 07.10

18:30 - 19:00

Total Body
Team

Dienstag , 08.10

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 09.10

18:30 - 19:00

Cardio
Team

Donnerstag , 10.10

18:30 - 19:00

Total Body
Team

Freitag , 11.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 12.10

Sonntag , 13.10