

Montag , 14.10

18:30 - 19:00

Total Body
Team

Dienstag , 15.10

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 16.10

18:30 - 19:00

Cardio
Team

Donnerstag , 17.10

18:30 - 19:00

Total Body
Team

Freitag , 18.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 19.10

Sonntag , 20.10