

Montag , 28.10

18:30 - 19:00

Total Body
Team

Dienstag , 29.10

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 30.10

18:30 - 19:00

Cardio
Team

Donnerstag , 31.10

18:30 - 19:00

Total Body
Team

Freitag , 01.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 02.11

Sonntag , 03.11