

### Montag , 04.11

**18:30 - 19:00**

*Total Body*  
Team

### Dienstag , 05.11

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Mittwoch , 06.11

**18:30 - 19:00**

*Cardio*  
Team

### Donnerstag , 07.11

**18:30 - 19:00**

*Total Body*  
Team

### Freitag , 08.11

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Samstag , 09.11

### Sonntag , 10.11