

Montag , 11.11

18:30 - 19:00

Total Body
Team

Dienstag , 12.11

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 13.11

18:30 - 19:00

Cardio
Team

Donnerstag , 14.11

18:30 - 19:00

Total Body
Team

Freitag , 15.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 16.11

Sonntag , 17.11