

Montag , 18.11

18:30 - 19:00

Total Body
Team

Dienstag , 19.11

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 20.11

18:30 - 19:00

Cardio
Team

Donnerstag , 21.11

18:30 - 19:00

Total Body
Team

Freitag , 22.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 23.11

Sonntag , 24.11