

### Montag , 25.11

**18:30 - 19:00**

*Total Body*  
Team

### Dienstag , 26.11

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Mittwoch , 27.11

**18:30 - 19:00**

*Cardio*  
Team

### Donnerstag , 28.11

**18:30 - 19:00**

*Total Body*  
Team

### Freitag , 29.11

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Samstag , 30.11

### Sonntag , 01.12