

### Montag , 09.12

**18:30 - 19:00**

*Total Body*  
Team

### Dienstag , 10.12

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Mittwoch , 11.12

**18:30 - 19:00**

*Cardio*  
Team

### Donnerstag , 12.12

**18:30 - 19:00**

*Total Body*  
Team

### Freitag , 13.12

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Samstag , 14.12

### Sonntag , 15.12