

Montag , 23.12

18:30 - 19:00

Total Body
Team

Dienstag , 24.12

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mittwoch , 25.12

18:30 - 19:00

Cardio
Team

Donnerstag , 26.12

18:30 - 19:00

Total Body
Team

Freitag , 27.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 28.12

Sonntag , 29.12