

### Montag , 30.12

**18:30 - 19:00**

*Total Body*  
Team

### Dienstag , 31.12

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Mittwoch , 01.01

**18:30 - 19:00**

*Cardio*  
Team

### Donnerstag , 02.01

**18:30 - 19:00**

*Total Body*  
Team

### Freitag , 03.01

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Samstag , 04.01

### Sonntag , 05.01