

Montag , 27.01

18:30 - 19:00

Total Body
Team

Dienstag , 28.01

09:00 - 09:30

Abdos
Team

Mittwoch , 29.01

18:30 - 19:00

Cardio
Team

Donnerstag , 30.01

18:30 - 19:00

Total Body
Team

Freitag , 31.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samstag , 01.02

Sonntag , 02.02