

### Montag , 12.05

**18:30 - 19:00**

*Total Body*  
Team

### Dienstag , 13.05

**09:00 - 09:30**

*Abdos*  
Team

### Mittwoch , 14.05

**18:30 - 19:00**

*Cardio*  
Team

### Donnerstag , 15.05

**18:30 - 19:00**

*Total Body*  
Team

### Freitag , 16.05

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Samstag , 17.05

### Sonntag , 18.05