

Montag , 18.09

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 19.09

09:00 - 09:30

Abdos
Team

Mittwoch , 20.09

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 21.09

Freitag , 22.09

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 23.09

Sonntag , 24.09