

### Montag , 25.09

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

### Dienstag , 26.09

**09:00 - 09:30**

*Abdos*  
Team

### Mittwoch , 27.09

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

### Donnerstag , 28.09

### Freitag , 29.09

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

### Samstag , 30.09

### Sonntag , 01.10