

### Montag , 02.10

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

### Dienstag , 03.10

**09:00 - 09:30**

*Abdos*  
Team

### Mittwoch , 04.10

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

### Donnerstag , 05.10

### Freitag , 06.10

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

### Samstag , 07.10

### Sonntag , 08.10