

Montag , 16.10

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 17.10

09:00 - 09:30

Abdos
Team

Mittwoch , 18.10

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 19.10

Freitag , 20.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 21.10

Sonntag , 22.10