

### Montag , 13.11

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

### Dienstag , 14.11

**09:00 - 09:30**

*Abdos*  
Team

### Mittwoch , 15.11

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

### Donnerstag , 16.11

### Freitag , 17.11

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

### Samstag , 18.11

### Sonntag , 19.11