

### Montag , 18.12

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

### Dienstag , 19.12

**09:00 - 09:30**

*Abdos*  
Team

### Mittwoch , 20.12

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

### Donnerstag , 21.12

### Freitag , 22.12

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

### Samstag , 23.12

### Sonntag , 24.12