

Montag , 25.12

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 26.12

09:00 - 09:30

Abdos
Team

Mittwoch , 27.12

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 28.12

Freitag , 29.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 30.12

Sonntag , 31.12