

Montag , 08.01

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 09.01

09:00 - 09:30

Abdos
Team

Mittwoch , 10.01

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 11.01

Freitag , 12.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 13.01

Sonntag , 14.01