

Montag , 22.01

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Dienstag , 23.01

09:00 - 09:30

Abdos
Team

Mittwoch , 24.01

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Donnerstag , 25.01

Freitag , 26.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samstag , 27.01

Sonntag , 28.01