

GYM FREAK



UHRZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
1045 - 1115		METABOLIC CONDITION ALLE		TABATA ALLE	
1600 - 1700	OPEN AREA	OPEN AREA	OPEN AREA	OPEN AREA	OPEN AREA
1700 - 1800	OPEN AREA	OPEN AREA	OPEN AREA	OPEN AREA	OPEN AREA
1830 - 1900	METABOLIC CONDITION GIRLS	OPEN AREA	STRONGEST GIRLS	OPEN AREA	TABATA GIRLS
1930 - 2000	METABOLIC CONDITION ALLE	OPEN AREA	STRONGEST MAN ALLE	OPEN AREA	TABATA ALLE