

COREHERENT in 10 Wochen

10 Wochen Plan



Mo



**WOCHE
1-10**

HALTUNG

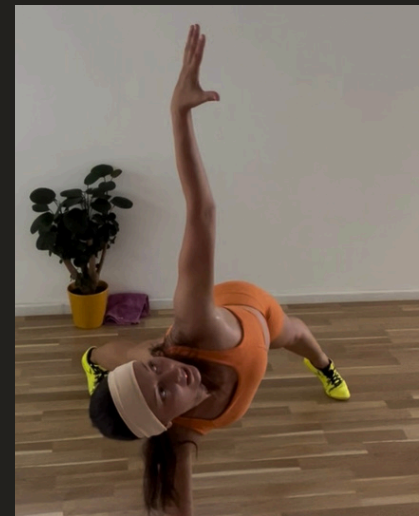
DI



**WOCHE
3-10**

ANMUT

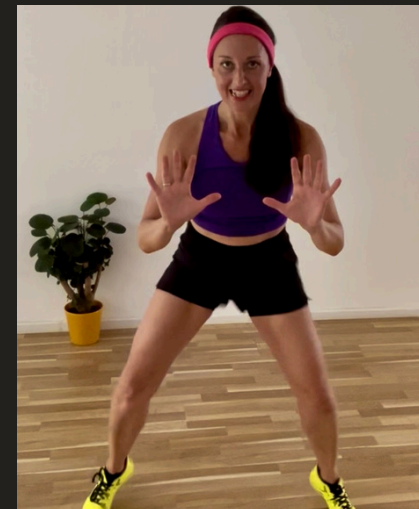
MI



**WOCHE
1-10**

KRAFT

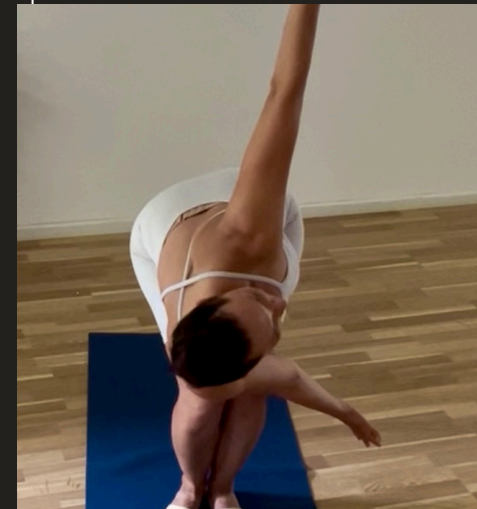
DO



**WOCHE
3-10**

**CARDIO
DANCE**

FR



**WOCHE
1-10**

YOGA

SA



**WOCHE
5-10**

**KONTROLLE
BARRE**

SO

**WOCHE
1-10**

**HARMONIE
EXPRESS**