



Lundi , 17.10

12:15 - 12:45

Cardio Flash
Team

18:30 - 19:00

Toning Flash
Team

Mardi , 18.10

09:00 - 09:30

Abdos
Team

Mercredi , 19.10

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Jeudi , 20.10

Vendredi , 21.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samedi , 22.10

Dimanche , 23.10