



Lundi , 31.10

12:15 - 12:45

Cardio Flash
Team

18:30 - 19:00

Toning Flash
Team

Mardi , 01.11

09:00 - 09:30

Abdos
Team

Mercredi , 02.11

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Jeudi , 03.11

Vendredi , 04.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samedi , 05.11

Dimanche , 06.11