

Lundi , 07.11

12:15 - 12:45

Cardio Flash
Team

18:30 - 19:00

Toning Flash
Team

Mardi , 08.11

09:00 - 09:30

Abdos
Team

Mercredi , 09.11

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Jeudi , 10.11

Vendredi , 11.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samedi , 12.11

Dimanche , 13.11