



Lundi , 14.11

12:15 - 12:45

Cardio Flash
Team

18:30 - 19:00

Toning Flash
Team

Mardi , 15.11

09:00 - 09:30

Abdos
Team

Mercredi , 16.11

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Jeudi , 17.11

Vendredi , 18.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samedi , 19.11

Dimanche , 20.11