



Lundi , 28.11

12:15 - 12:45

Cardio Flash
Team

18:30 - 19:00

Toning Flash
Team

Mardi , 29.11

09:00 - 09:30

Abdos
Team

Mercredi , 30.11

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Jeudi , 01.12

Vendredi , 02.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samedi , 03.12

Dimanche , 04.12