



Lundi , 12.12

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 13.12

09:00 - 09:30

Abdos
Team

Mercredi , 14.12

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 15.12

Vendredi , 16.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 17.12

Dimanche , 18.12