



Lundi , 19.12

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 20.12

09:00 - 09:30

Abdos
Team

Mercredi , 21.12

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 22.12

Vendredi , 23.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 24.12

Dimanche , 25.12