



Lundi , 09.01

12:15 - 12:45

Cardio Flash
Team

18:30 - 19:00

Toning Flash
Team

Mardi , 10.01

09:00 - 09:30

Abdos
Team

Mercredi , 11.01

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Jeudi , 12.01

Vendredi , 13.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samedi , 14.01

Dimanche , 15.01