

Lundi , 23.01

12:15 - 12:45

Cardio Flash
Team

18:30 - 19:00

Toning Flash
Team

Mardi , 24.01

09:00 - 09:30

Abdos
Team

Mercredi , 25.01

12:15 - 12:45

Toning Flash
Team

18:30 - 19:00

Cardio Flash
Team

Jeudi , 26.01

Vendredi , 27.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio Flash
Team

Samedi , 28.01

Dimanche , 29.01