



Lundi , 06.02

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 07.02

09:00 - 09:30

Abdos
Team

Mercredi , 08.02

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 09.02

Vendredi , 10.02

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 11.02

Dimanche , 12.02