



Lundi , 18.12

18:30 - 19:00
<i>Total Body</i>
Team

Mardi , 19.12

09:00 - 09:30	18:30 - 19:00
<i>Abdos</i>	<i>Abdos</i>
Team	Team

Mercredi , 20.12

18:30 - 19:00
<i>Cardio</i>
Team

Jeudi , 21.12

18:30 - 19:00
<i>Total Body</i>
Team

Vendredi , 22.12

09:00 - 09:30	12:15 - 12:45	18:30 - 19:00
<i>Abdos</i>	<i>Cardio</i>	<i>Abdos</i>
Team	Team	Team

Samedi , 23.12

Dimanche , 24.12