



Lundi , 22.01

18:30 - 19:00

Total Body
Team

Mardi , 23.01

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mercredi , 24.01

18:30 - 19:00

Cardio
Team

Jeudi , 25.01

18:30 - 19:00

Total Body
Team

Vendredi , 26.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samedi , 27.01

Dimanche , 28.01