



Lundi , 06.01

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

Mardi , 07.01

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

Mercredi , 08.01

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

Jeudi , 09.01

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

Vendredi , 10.01

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 , 11.01

Dimanche , 12.01