



Lundi , 06.03

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 07.03

09:00 - 09:30

Abdos
Team

Mercredi , 08.03

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 09.03

Vendredi , 10.03

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 11.03

Dimanche , 12.03