



Lundi , 20.03

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 21.03

09:00 - 09:30

Abdos
Team

Mercredi , 22.03

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 23.03

Vendredi , 24.03

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 25.03

Dimanche , 26.03