



Lundi , 27.03

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 28.03

09:00 - 09:30

Abdos
Team

Mercredi , 29.03

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 30.03

Vendredi , 31.03

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 01.04

Dimanche , 02.04