



Lundi , 03.04

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 04.04

09:00 - 09:30

Abdos
Team

Mercredi , 05.04

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 06.04

Vendredi , 07.04

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 08.04

Dimanche , 09.04