



Lundi , 10.04

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 11.04

09:00 - 09:30

Abdos
Team

Mercredi , 12.04

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 13.04

Vendredi , 14.04

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 15.04

Dimanche , 16.04