



Lundi , 01.05

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 02.05

09:00 - 09:30

Abdos
Team

Mercredi , 03.05

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 04.05

Vendredi , 05.05

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 06.05

Dimanche , 07.05