



Lundi , 08.05

12:15 - 12:45	18:30 - 19:00
Cardio	Total Body
Team	Team

Mardi , 09.05

09:00 - 09:30
Abdos
Team

Mercredi , 10.05

12:15 - 12:45	18:30 - 19:00
Total Body	Cardio
Team	Team

Jeudi , 11.05

Vendredi , 12.05

09:00 - 09:30	12:15 - 12:45
Abdos	Cardio
Team	Team

Samedi , 13.05

Dimanche , 14.05