



Lundi , 15.05

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 16.05

09:00 - 09:30

Abdos
Team

Mercredi , 17.05

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 18.05

Vendredi , 19.05

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 20.05

Dimanche , 21.05