



Lundi , 03.07

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 04.07

09:00 - 09:30

Abdos
Team

Mercredi , 05.07

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 06.07

Vendredi , 07.07

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 08.07

Dimanche , 09.07