



Lundi , 10.07

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 11.07

09:00 - 09:30

Abdos
Team

Mercredi , 12.07

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 13.07

Vendredi , 14.07

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 15.07

Dimanche , 16.07