



Lundi , 17.07

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 18.07

09:00 - 09:30

Abdos
Team

Mercredi , 19.07

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 20.07

Vendredi , 21.07

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 22.07

Dimanche , 23.07