



Lundi , 24.07

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 25.07

09:00 - 09:30

Abdos
Team

Mercredi , 26.07

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 27.07

Vendredi , 28.07

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 29.07

Dimanche , 30.07