



Lundi , 31.07

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 01.08

09:00 - 09:30

Abdos
Team

Mercredi , 02.08

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 03.08

Vendredi , 04.08

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 05.08

Dimanche , 06.08