



Lundi , 07.08

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 08.08

09:00 - 09:30

Abdos
Team

Mercredi , 09.08

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 10.08

Vendredi , 11.08

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 12.08

Dimanche , 13.08