



Lundi , 14.08

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 15.08

09:00 - 09:30

Abdos
Team

Mercredi , 16.08

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 17.08

Vendredi , 18.08

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 19.08

Dimanche , 20.08