



Lundi , 28.08

12:15 - 12:45	18:30 - 19:00
Cardio	Total Body
Team	Team

Mardi , 29.08

09:00 - 09:30
Abdos
Team

Mercredi , 30.08

12:15 - 12:45	18:30 - 19:00
Total Body	Cardio
Team	Team

Jeudi , 31.08

Vendredi , 01.09

09:00 - 09:30	12:15 - 12:45
Abdos	Cardio
Team	Team

Samedi , 02.09

Dimanche , 03.09