



Lundi , 04.09

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 05.09

09:00 - 09:30

Abdos
Team

Mercredi , 06.09

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 07.09

Vendredi , 08.09

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 09.09

Dimanche , 10.09