



Lundi , 09.10

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

Mardi , 10.10

09:00 - 09:30
Abdos
Team

Mercredi , 11.10

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

Jeudi , 12.10

Vendredi , 13.10

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

Samedi , 14.10

Dimanche , 15.10