



Lundi , 16.10

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 17.10

09:00 - 09:30

Abdos
Team

Mercredi , 18.10

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 19.10

Vendredi , 20.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 21.10

Dimanche , 22.10