

Lundi , 03.10

Mardi , 04.10

**09:00 - 09:30**

*Abdos*  
Team

Mercredi , 05.10

**12:15 - 12:45**

*Toning Flash*  
Team

**18:30 - 19:00**

*Cardio Flash*  
Team

Jeudi , 06.10

Vendredi , 07.10

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio Flash*  
Team

Samedi , 08.10

Dimanche , 09.10