

Lundi , 23.09

**18:30 - 19:00**

*Total Body*  
Team

Mardi , 24.09

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

Mercredi , 25.09

**18:30 - 19:00**

*Cardio*  
Team

Jeudi , 26.09

**18:30 - 19:00**

*Total Body*  
Team

Vendredi , 27.09

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Abdos*  
Team

Samedi , 28.09

Dimanche , 29.09