

Lundi , 30.09

18:30 - 19:00

Total Body
Team

Mardi , 01.10

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mercredi , 02.10

18:30 - 19:00

Cardio
Team

Jeudi , 03.10

18:30 - 19:00

Total Body
Team

Vendredi , 04.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samedi , 05.10

Dimanche , 06.10