

**Lundi , 07.10**

**18:30 - 19:00**

*Total Body*  
Team

**Mardi , 08.10**

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

**Mercredi , 09.10**

**18:30 - 19:00**

*Cardio*  
Team

**Jeudi , 10.10**

**18:30 - 19:00**

*Total Body*  
Team

**Vendredi , 11.10**

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Abdos*  
Team

**Samedi , 12.10**

**Dimanche , 13.10**