

Lundi , 14.10

18:30 - 19:00

Total Body
Team

Mardi , 15.10

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mercredi , 16.10

18:30 - 19:00

Cardio
Team

Jeudi , 17.10

18:30 - 19:00

Total Body
Team

Vendredi , 18.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samedi , 19.10

Dimanche , 20.10