

Lundi , 21.10

18:30 - 19:00

Total Body
Team

Mardi , 22.10

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mercredi , 23.10

18:30 - 19:00

Cardio
Team

Jeudi , 24.10

18:30 - 19:00

Total Body
Team

Vendredi , 25.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samedi , 26.10

Dimanche , 27.10