

Lundi , 28.10

18:30 - 19:00

Total Body
Team

Mardi , 29.10

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mercredi , 30.10

18:30 - 19:00

Cardio
Team

Jeudi , 31.10

18:30 - 19:00

Total Body
Team

Vendredi , 01.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samedi , 02.11

Dimanche , 03.11