

Lundi , 11.11

18:30 - 19:00

Total Body
Team

Mardi , 12.11

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mercredi , 13.11

18:30 - 19:00

Cardio
Team

Jeudi , 14.11

18:30 - 19:00

Total Body
Team

Vendredi , 15.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samedi , 16.11

Dimanche , 17.11