

Lundi , 25.11

18:30 - 19:00

Total Body
Team

Mardi , 26.11

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mercredi , 27.11

18:30 - 19:00

Cardio
Team

Jeudi , 28.11

18:30 - 19:00

Total Body
Team

Vendredi , 29.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samedi , 30.11

Dimanche , 01.12