

Lundi , 16.12

18:30 - 19:00

Total Body
Team

Mardi , 17.12

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mercredi , 18.12

18:30 - 19:00

Cardio
Team

Jeudi , 19.12

18:30 - 19:00

Total Body
Team

Vendredi , 20.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samedi , 21.12

Dimanche , 22.12