

### Lundi , 23.12

**18:30 - 19:00**

*Total Body*  
Team

### Mardi , 24.12

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Mercredi , 25.12

**18:30 - 19:00**

*Cardio*  
Team

### Jeudi , 26.12

**18:30 - 19:00**

*Total Body*  
Team

### Vendredi , 27.12

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Abdos*  
Team

### Samedi , 28.12

### Dimanche , 29.12