

Lundi , 30.12

18:30 - 19:00

Total Body
Team

Mardi , 31.12

09:00 - 09:30

Abdos
Team

18:30 - 19:00

Abdos
Team

Mercredi , 01.01

18:30 - 19:00

Cardio
Team

Jeudi , 02.01

18:30 - 19:00

Total Body
Team

Vendredi , 03.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Abdos
Team

Samedi , 04.01

Dimanche , 05.01