

**Lundi , 31.03**

**18:30 - 19:00**

*Total Body*  
Team

**Mardi , 01.04**

**09:00 - 09:30**

*Abdos*  
Team

**Mercredi , 02.04**

**18:30 - 19:00**

*Cardio*  
Team

**Jeudi , 03.04**

**18:30 - 19:00**

*Total Body*  
Team

**Vendredi , 04.04**

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

**Samedi , 05.04**

**Dimanche , 06.04**