

Lundi , 21.04

**18:30 - 19:00**

*Total Body*  
Team

Mardi , 22.04

**09:00 - 09:30**

*Abdos*  
Team

Mercredi , 23.04

**18:30 - 19:00**

*Cardio*  
Team

Jeudi , 24.04

**18:30 - 19:00**

*Total Body*  
Team

Vendredi , 25.04

**09:00 - 09:30**

*Abdos*  
Team

**18:30 - 19:00**

*Abdos*  
Team

Samedi , 26.04

Dimanche , 27.04