

Lundi , 02.10

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 03.10

09:00 - 09:30

Abdos
Team

Mercredi , 04.10

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 05.10

Vendredi , 06.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 07.10

Dimanche , 08.10