

Lundi , 23.10

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 24.10

09:00 - 09:30

Abdos
Team

Mercredi , 25.10

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 26.10

Vendredi , 27.10

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 28.10

Dimanche , 29.10