

Lundi , 30.10

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 31.10

09:00 - 09:30

Abdos
Team

Mercredi , 01.11

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 02.11

Vendredi , 03.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 04.11

Dimanche , 05.11