

**Lundi , 13.11**

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

**Mardi , 14.11**

**09:00 - 09:30**

*Abdos*  
Team

**Mercredi , 15.11**

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

**Jeudi , 16.11**

**Vendredi , 17.11**

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**Samedi , 18.11**

**Dimanche , 19.11**