

Lundi , 20.11

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 21.11

09:00 - 09:30

Abdos
Team

Mercredi , 22.11

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 23.11

Vendredi , 24.11

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 25.11

Dimanche , 26.11