

Lundi , 27.11

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 28.11

09:00 - 09:30

Abdos
Team

Mercredi , 29.11

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 30.11

Vendredi , 01.12

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 02.12

Dimanche , 03.12