

Lundi , 04.12

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

Mardi , 05.12

**09:00 - 09:30**

*Abdos*  
Team

Mercredi , 06.12

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

Jeudi , 07.12

Vendredi , 08.12

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

Samedi , 09.12

Dimanche , 10.12