

### Lundi , 01.01

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

### Mardi , 02.01

**09:00 - 09:30**

*Abdos*  
Team

### Mercredi , 03.01

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

### Jeudi , 04.01

### Vendredi , 05.01

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

### Samedi , 06.01

### Dimanche , 07.01