

Lundi , 08.01

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 09.01

09:00 - 09:30

Abdos
Team

Mercredi , 10.01

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 11.01

Vendredi , 12.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 13.01

Dimanche , 14.01