

Lundi , 15.01

12:15 - 12:45

Cardio
Team

18:30 - 19:00

Total Body
Team

Mardi , 16.01

09:00 - 09:30

Abdos
Team

Mercredi , 17.01

12:15 - 12:45

Total Body
Team

18:30 - 19:00

Cardio
Team

Jeudi , 18.01

Vendredi , 19.01

09:00 - 09:30

Abdos
Team

12:15 - 12:45

Cardio
Team

Samedi , 20.01

Dimanche , 21.01