

**Lundi , 22.01**

**12:15 - 12:45**

*Cardio*  
Team

**18:30 - 19:00**

*Total Body*  
Team

**Mardi , 23.01**

**09:00 - 09:30**

*Abdos*  
Team

**Mercredi , 24.01**

**12:15 - 12:45**

*Total Body*  
Team

**18:30 - 19:00**

*Cardio*  
Team

**Jeudi , 25.01**

**Vendredi , 26.01**

**09:00 - 09:30**

*Abdos*  
Team

**12:15 - 12:45**

*Cardio*  
Team

**Samedi , 27.01**

**Dimanche , 28.01**