

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

12h15

Burn Flash

Abs Flash

Burn Flash

Abs Flash

Burn Flash

12h30

Abs Legs and Butt

Step Cardio

Abs Legs and Butt

Step Cardio

Abs Legs and Butt

17h45

Abs Flash

Butt Flash

Abs Flash

Butt Flash

Abs Flash

18h00

Step 1

Pilates

Body Sculpt

Step 1

Body Sculpt

18h45

Butt Flash

Abs Flash

Butt Flash

Abs Flash

Butt Flash

19h00

Body Sculpt

Step Cardio



Stretching

