

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
ALEX	SYLVIE/ALEX	ROMANE	SYLVIE/ALEX	ALEX/ROMANE		ALEXANDRA
	8H30-9H45 YOGA DOUX		9H-10H YOGA			
10H-10H45 BODY SCULPT	9H45-11H YOGA DYNAMIQUE	9H45-10H30 CIRCUIT TRAINING	10H-11H PILATES	10h-11h PILATES	10H30-11H30 CIRCUIT TRAINING	10H15-11H BODY SCULPT
10H45-11H30 STRETCHING	11H30-12H30 BODY SCULPT	10H30-11H15 BALANCE	11H-12H CROSS	11H30-12H30 PILATES		11H-12H15 ZUMBA
				12H30-13H15 STRETCHING POSTURAL		
BILEL	ROMANE	NAIM	ROMANE	ARMAND		
18H30-19H15 CAF	18H30-19H ABDOS FESSIERS	18H45-19H45 BODY BARRE	19H-19H45 HIIT/CROSS	18H45-19H45 BODY BOXE		
19H15-20H15 ZUMBA	19H-19H45 BOOT CAMP	19H45-20H30 BODY BOXE	19H45-20H30 BODY BARRE	19H45-20H30 CAF		

NOUVEAU PLANNING COURS COLLECTIFS

à compter du 06/02/2023.