

Planning 2022 2023

lundi	mardi	mercredi	Jeudi	vendredi	samedi
Body postural 9 h 15 10 h 15	renforcement musculaire 9 h 30 10 h 15		yoga doux 10 h 00 11 h 30	cardio danse 10 h 00 11 h 00	pilates 9 h 30 10 h 30
pilates 10 h 15 11 h 15	Stretching 10 H 15 11 H 15				stretching 10 h 30 11 h 15
body postural 18 h 15 19 h 00	pilate assistés machine 18 h 00 19 H 00				
pilates 19 h 00 19 h 55	Yoga (atelier mensuel) 19 h 00 20 h 00	yoga vinyasa 18 h 30 19 h 45	cardio danse 18 h 30 19 h 30	18 h 15 19 h 00 Renfo cardio	
fly yoga 20 h 00 21 h 00	In yoga 20 h 00 21 h 00			19 h 00 20 h 00 Body postural	

