

PLANNING DES COURS

Du 10 janvier au 30 juin 2022

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|---------------|-------------------------------|---|---------------------------|-----------------------------|----------------------------|---------------------------|
| 9h30 - 10h30 | | Pilates Nathalie | | Pilates Thomas | | |
| 10h30 - 11h | | | | Stretching Thomas | | |
| 10h30 - 11h30 | | | | | | Body Fit Charly |
| 13h - 14h | Pilates Nathalie | Hatha Yoga Seb | Hatha Yoga Seb | | | |
| 14h - 15h | Pilates Nathalie | | | | | |
| 18h - 19h | | | Body Fit Charly | | Pilates Nathalie | |
| 18h30 - 19H30 | | Yoga Hatha Flow Houria - NEW | | | | |
| 19h - 20h | Yoga Ashtanga Elisa | | | | | |
| 20h - 21h | | Yin Yoga Christelle - NEW | | | | |

YOGA

PILATES

STRETCHING

BODY FIT

COACHING Privé