

Planning des cours collectifs



	Lundi	Mardi	Mertcredi	Jeudi	Vendredi
10H15 – 11H	MOBILITE ETIREMENTS RELAXATION		COORDINATION EQUILIBRE	PILATES	
12H30 – 13H	ABDOS EXPRESS	CARDIO EXPRESS	FLASH CAF	MOBILITE ETIREMENTS RELAXATION FLASH	
14H15 – 15H	GYM ADAPTEE			GYM ADAPTEE	
17H15 – 18H	CAF	PILATES	MOBILITE ETIREMENTS RELAXATION	CAF	
18H15 – 19H	PILATES	CARDIO BOXE	CARDIO STEP		