

Planning des cours collectifs

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H15 – 10H	EDEN PILATES	EDEN BALANCE	EDEN FIT	EDEN CAF	EDEN PILATES	
10H15–11H	EDEN CAF	EDEN PILATES	NORDIC WALKING (10H–11H) EDEN STRETCHING	EDEN BALANCE	EDEN STRETCHING	EDEN TRAINING
11H15–12H			EDEN PILATES			
14H–14H30	EQUILIBRE	MOBILITÉ ÉTIREMENTS (AVEC CHAISE)		GYM DOUCE		
17H–17H45	EDEN STRETCHING	EDEN CAF	EDEN PILATES	EDEN FIT	EDEN TRAINING	