

Planning • Cours collectifs

Lundi



9h		
Vithal Ball 45'	Yin Yoga 45'	
10h		
Yoga Stretch 30'		
10h45		
Gym posturale 45'	Hatha Yoga 60'	
12h30		
CAF 45'	Pilates 45'	RPM 45'
17h30		
Vinyasa Yoga 45'		
18h30		
Body Combat 45'	Body Balance 45'	RPM 45'
19h30		
Body Pump 45'	Pilates 45'	

Mardi



9h	
Gym Douce 45'	Pilates 45'
10h	
Stretch 45'	
11h	
CAF 45'	Hatha Yoga 60'
12h30	
Body Pump 45'	Body Balance 45'
17h30	
Pilates 45'	Yin Yoga 60'
18h30	
CAF 45'	Ashtanga Yoga 60'
19h30	
Body Attack 45'	

Mercredi



9h		
Vithal Ball 45'	Pilates 45'	
10h		
Yoga Stretch 30'		
10h45		
Gym posturale 45'		
12h30		
CAF 45'	RPM 45'	
17h30		
CAF 45'		
18h30		
Body Combat 45'	Pilates 45'	RPM 45'
19h30		
Body Balance 60'		

Jeudi



9h	
Gym posturale 45'	
10h	
Hatha Yoga 60'	
11h15	
CAF 45'	
12h30	
Body Combat 45'	Body Balance 45'
17h30	
Pilates 45'	Yin Yoga 60'
18h30	
Body Pump 45'	Vinyasa Yoga 60'
19h30	
Body Attack 45'	RPM 45'

Vendredi



10h		
Gym Douce 45'		
11h		
Stretch 45'		
12h30		
Vithal Ball 45'	Pilates 45'	RPM 45'
18h		
CAF 45'	Cours du mois 45'	
18h45		
Ashtanga Yoga 60'		
19h		
	RPM 45'	

Samedi



10h	
Hatha Yoga 60'	
11h	
Body Balance 60'	