

Rentrée 09/2020

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<u>9H</u>			STRETCH- ING	PILATES	PILATES	ZUMBA
<u>10H</u>				STRETCH- ING		WAKY- MIX
<u>17H15</u>		DE GASQUET				
<u>18H</u>	PILATES		PILATES	PILATES		
<u>19H</u>	PILATES	TOTAL BODY	WAKY FIT	GYM DU DOS	PILATES	40GA
<u>20H</u>	HIIT	BOSU STEP		STRETCH- ING	PILATES	40GA