



10h15 à 11h00



12h30 à 13h15



18h00 à 18h45

Lundi

● Pilates

● CAF

● Yoga

Mardi

● Circuit Training

● Dos et Posture

● Renforcement musculaire

Mercredi

● Circuit Training

Jeudi

● Body Spirit

● CAF

● Pilates

Vendredi

● Barre au sol

● Stretching

● Dos et Posture

Samedi

● Stretching Gym