



**SAISON
2020 - 2021**

2021 - 2022

**PROGRAMME
COURS COLLECTIFS**

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<p>9h15 - 10h15 Full Body Emmanuel</p>	✓	<p>9h15 - 10h15 Soft Biking & Body Forming Isabelle</p> <p>Corinne</p>		<p>9h00 - 10h00 Gymn Douce Marianne</p>	
	<p>18h15 - 19h15 Chi-Yoga Sandra</p>	<p>18h15 - 19h15 Chi-Yoga Sandra</p>	<p>18h15 - 19h15 Body Burn Manuela</p> <p>Body Sculpt Corinne</p>	<p>18h30 - 19h30 Relaxation Yoga Nidra Sandra</p> <p>SELON DATES</p>	✓
<p>19h30 - 20h30 Indoor Cycling Lucienne</p>	<p>19h30 - 20h30 Yin Yoga Sandra</p>	<p>19h30 - 20h30 Zoumba / Dance Sébastianna</p> <p>Manuela</p>	<p>19h30 - 20h30 Indoor Cycling Emmanuel</p> <p>sarah 19h15 - 20h15</p>		

! Chgt horaire
18h00 - 19h00
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■ Cours fitforme
☒ Cours externes