

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
	YOGA DOUX 9H00 – 10H00		PILATES 10H15		
	PILATES 10H15				
CIRCUIT TRAINING 12H15					
			CIRCUIT TRAINING SÉNIORS 18H15		
	CIRCUIT TRAINING 18H15	CIRCUIT TRAINING 18H10	PILATES 18H		
			PILATES 19H		