

NOS ACTIVITÉS SPORTIVES

OUR SPORTS ACTIVITIES

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h00	CAF (Cuisses- Abdo- Fessier)				Yoga Boost	
10h00	Harmony in Motion 55 Yoga	Core Training (spé. Abdo)	Stretching Mobility	Aqua Détox	Stretching Mobility	
11h00		Gentle Yoga				
15h00	Stretching Mobility	CAF (Cuisses- Abdo- Fessier)	Core Training	CAF (Cuisses- Abdo- Fessier)	Core Training (spé. Abdo)	
17h00					Vital Breath Yoga	Tai Chi
18h00	Tai Chi					
18h30						
19h00						
19h30						



JEREMY  PELTIER

