

NOS ACTIVITÉS SPORTIVES

OUR SPORTS ACTIVITIES

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|-------|---------------------------------------|---------------------------------------|------------------------|---------------------------------------|---------------------------------|
| 9h00 | CAF (Cuisses- Abdo- Fessier) | | | | Vinyasa Yoga |
| 10h00 | Vinyasa- Ashtanga Yoga | Core Training (spé. Abdo) | Stretching Mobility | Aqua Détox | Stretching Mobility |
| 11h00 | | Hatha Yoga | | | |
| 15h00 | Stretching Mobility | CAF (Cuisses- Abdo- Fessier) | Core Training | CAF (Cuisses- Abdo- Fessier) | Core Training (spé. Abdo) |
| 17h00 | | | | | |
| 18h00 | | | | | |
| 18h30 | | | | | |
| 19h00 | | | | | |
| 19h30 | | | | | |



JEREMY JP PELTIER

