

NOS ACTIVITÉS SPORTIVES OUR SPORTS ACTIVITIES

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h00	CAF (Cuisses- Abdo-Fessier)					
10h00		Core Training (spé. Abdo)	Stretching Mobility	Aqua Détox	Stretching Mobility	
11h00						
15h00	Stretching Mobility	CAF (Cuisses- Abdo-Fessier)	Core Training	CAF (Cuisses- Abdo-Fessier)	Core Training (spé. Abdo)	
17h00						
18h00						Tai Chi
18h30						
19h00	Tai Chi					
19h30						