

NOS ACTIVITÉS SPORTIVES OUR SPORTS ACTIVITIES

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9 h 00	CAF (Cuisses- Abdo-Fessier)				Vinyasa Yoga	
10 h 00	Vinyasa- Ashtanga Yoga	Core Training (spé. Abdo)	Stretching Mobility	Aqua Détox	Stretching Mobility	
11 h 00		Hatha Yoga				
15 h 00	Stretching Mobility	CAF (Cuisses- Abdo-Fessier)	Core Training	CAF (Cuisses- Abdo-Fessier)	Core Training (spé. Abdo)	
17 h 00						
18 h 00						Tai Chi
18 h 30						
19 h 00	Tai Chi				Yin Yoga	
19 h 30						