NOS ACTIVITÉS SPORTIVES
OUR SPORTS ACTIVITIES

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9 h 00	CAF (Cuisses-Abdo-Fessier)				Yoga Boost	
10 h 00	Harmony in Motion 55 Yoga	Core Training (spé. Abdo)	Stretching Mobility	Yoga Boost Aqua Détox	Stretching Mobility	
11 h 00		Gentle Yoga				
15 h 00	Stretching Mobility	CAF (Cuisses-Abdo-Fessier)	Core Training	CAF (Cuisses-Abdo-Fessier)	Core Training (spé. Abdo)	
17 h 00						Tai Chi
18 h 00	Tai Chi					
18 h 30						
19h00						
19 h 30						

StrongInYoga

JEREMY JP PELTIER

YUAN KUNG FU WUDANG PRINCIPLES