

ESPACE FORME

du lundi 17 au dimanche 23 juin

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10H00 PILATES	10H00 GYM POSTURALE	10H00 TOTAL BODY	10H00 CIRCUIT TRAINING	10H00 CAF	10H00 (30') CYCLING
		10H45 (30') STRETCHING			10H45 TOTAL BODY
			11H00 (60') YOGA		11H30 (30') STRETCHING
12H15 CIRCUIT TRAINING	12H15 TOTAL BODY	12H15 CAF	12H15 CYCLING	12H15 BODY ZEN	
18H15 (15') ABDOS					
18H15 TOTAL BODY	18H15 CAF	18H15 BODY ZEN	18H15 CIRCUIT TRAINING	18H15 PILATES	
19H15 (30') STRETCHING	19H15 (60') YOGA				