

Lundi	09:00 - 10:00 Yoga pré et post natal Sarah B	10:15 - 11:15 Yoga Hatha (doux) Sarah B		17:00 - 18:00 Pilates Carole A	18:05 - 19:05 Renforcement Erwin	19:10 - 20:10 Kick Boxing Erwin	
Mardi		12:15 - 13:15 Yoga Hatha (doux) Sylviane			18:25 - 19:25 Lady Girly Katja	19:30 - 20:30 Zumba Silvia	20:30 - 21:30 Salle occupée Silvia
Mercredi				17:00 - 18:00 Full Body Lisa	18:10 - 19:10 Pilates Lisa	19:15 - 20:15 Souplesse Priscilla	
Jeudi		14:00 - 15:00 Salle occupée Sylviane		17:00 - 18:00 Pilates Carole A	18:00 - 19:00 Cuisses Abdos Fessiers Marine L	19:05 - 20:05 Cross training Marine L	
Vendredi	09:00 - 10:00 Yoga pré et post natal Sarah B	10:00 - 11:00 Salle occupée Sarah B			18:00 - 19:00 Souplesse Aline S	19:00 - 20:00 Yoga Fly Aline S	