

Planning des cours Yoga/Pilates/Cross

Du 01.09 au 02.11.2025



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
8h			Cross training ALICE		Yoga Ashtanga MARION		
9h	Streching FANETTE	Modern Jazz FANETTE			Yoga Hatha MARION	Pilates MAT NADIA	Pilates MAT ALICE
10h		Pilates MAT NADIA		Pilates EN ANGLAIS LIZ			Cross training ALICE
11h							
12h	Pilates MAT NADIA				Pilates		
13h				Body fitness DELPHINE	LIZ		
14h							
15h							
16h							
17h							
18h	Pilates MAT MARIE	Cross training ALICE	Yoga Hatha MARION		Ballet Sculpt DELPHINE		
19h	Yoga Vinyasa MARIE		Pilates SPÉCIAL DOS LIZ				
20h							