

# SEMAINE DU 19 FÉV

LUNDI

MARDI

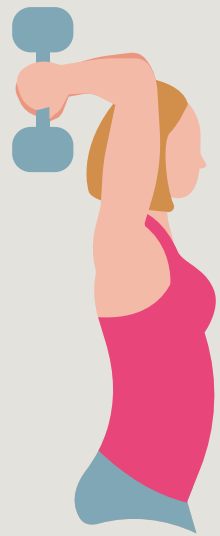
MERCREDI

JEUDI

VENDREDI

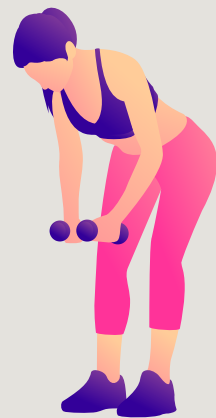
SAMEDI

MATIN



9H & 9H45  
CAS  
SALLE 4  
VIOLAINE  
PILATES

10H  
CARPENTIER  
ROMÉO  
RENFO



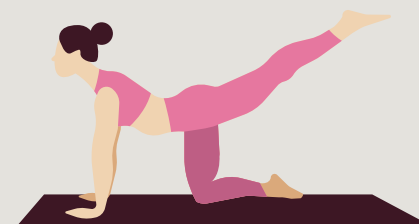
9H CAS 4 ODETTE  
YOGA

10H CAS 4 LYDIE  
RENFO

11H CAS  
SALLE 4 ROMÉO  
PILATES

9H CAS 4 LYDIE  
RENFO

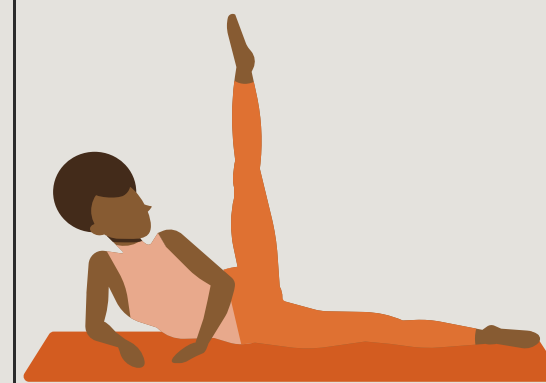
9H CAS 5 ODETTE  
YIN YOGA



9H CAS 4 LYDIE  
RENFO

9H SALLE 5  
VIOLAINE  
STRETCHING

10H PISCINE  
JURGITA GYM DOUCE



12H CAS 4 ODETTE  
YOGA

9H CAS 4  
JESABEL  
PILATES

10H CAS 4  
JESABEL  
STRETCHING

10H CARPENTIER  
ROMÉO  
RENFO



# SEMAINE DU 19 FÉV

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

SOIR

18H45  
CARPENTIER  
ODETTE  
YOGA

19H CONCORDE  
ROMÉO  
RENFO



19H  
CONCORDE  
ODETTE  
YOGA

20H CONCORDE  
JURGITA  
PILATES

20H30 EL  
HANNOUNI  
VIOLAINE  
RENFO FULL BODY

18H30  
CONCORDE  
ODETTE  
YOGA

19H30 CONCORDE  
ROMEO  
STRETCHING  
POSTURAL

20H30 CONCORDE  
ROMEO  
RENFO

18H  
CONCORDE  
PILATES  
VIOLAINE



19H  
CONCORDE  
VIOLAINE  
RENFO FULL BODY

