# SEMAINE PAIRE

| SOIR | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|---|---|---|---|---|---|---|
| | 18H45<br>CARPENTIER<br>ODETTE<br>YOGA | 19H STE GE<br>MARGOT PILATES<br>20H STE GE<br>ODETTE YOGA | 18H30 TRUFFAUT<br>CHRISTINE GYM<br>ZEN<br>19H BRUYERES<br>PATRICIA<br>RENFO | 18H30<br>STE GENEVIEVE<br>MARGOT<br>RENFO<br> | 18H30<br>ST JOSEPH<br>VIOLAINE<br>CROSS TRAINING<br>19H40<br>ST JOSEPH<br>ODETTE<br>YIN YOGA<br> | |
| | | 19H TRUFFAUT<br>PATRICIA RENFO | 19H STE GE<br>SANDRA<br>DÉFOUL'DANSE<br>19H30 TRUFFAUT<br>ROMEO<br>STRETCHING<br>POSTURAL<br>20H30 TRUFFAUT<br>ROMEO<br>STEP | 19H30 STE GE<br>MARGOT<br>RENFO | | |
| | 19H STE<br>GENEVIEVE<br>PRISCA<br>GYM DYNAMIQUE<br>20H STE<br>GENEVIEVE<br>PRISCA<br>GYM DYNAMIQUE | 20H TRUFFAUT<br>JURGITA PILATES<br>20H30 EL<br>HANNOUNI MARGOT<br>RENFO FULL BODY<br>21H TRUFFAUT<br>JURGITA<br>PILATES/STRETCHI<br>NG | | 19H PISCINE<br>ESPOSITO<br>ODETTE<br>YIN YOGA<br> | | |