

PLANNING MULTI- ACTIVITES 2025-2026	
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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09:00 - 09:50					OXYGENATION	
09:30 - 10:20			PILATES			
10:00 - 10:50	GYM DOUCE	HATHA YOGA		HATHA YOGA	SOPHROLOGIE	YOGA VINYASA
10:30 - 10:50	AQUA GYM		AQUA GYM		AQUA GYM	
11:00 - 11:50						
16:30 - 17:20		GYM SILOUETTE	POSTURE-EQUILIBRE			
17:00 - 17:50	YOGA VINYASA					
17:30 - 18:20		PILATES		RENFORCEMENT MUSCULAIRE		
18:00 - 18:50			YIN YOGA		YIN YOGA	
18:30 - 19:20						
19: 30 FERMETURE DU CENTRE						