

DATE FIN DE COURS

LUNDI

POSTURAL BALL	9H00	23/06/25
PILATES délicat	10H05	30/06/25
YOGA	11H15	23/06/25
PILATES	18H00	16/06/25
PILATES	19H15	16/06/25
YOGA	20H30	16/06/25

MARDI

DOS ABDOS	9H00	10/06/25
YOGA SENIOR	10H15	10/06/25
RELAX	18H00	10/06/25
YOGA	19H15	10/06/25
PILATES	20H45	10/06/25

MERCREDI

YOGA	9H00	11/06/25
PILATES	10H30	11/06/25
TAI CHI CHUAN	11H45	18/06/25
PILATES INTER	18H05	11/06/25
RELAX	19H10	11/06/25
YOGA	20H35	25/06/25

JEUDI

PILATES	9H00	26/06/25
QI GONG	10H10	03/07/25
QI GONG	11H20	03/07/25
YOGA	19H15	26/06/25
YOGA YIN	20H45	26/06/25

VENDREDI

YOGA	9H00	27/06/25
PILATES	10H30	27/06/25

SAMEDI

YOGA	10H00	21/06/25
PILATES	11H20	28/06/25