

PLANNING 2020

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9h	9h CULTURE PHYSIQUE	9h CULTURE PHYSIQUE	9h CULTURE PHYSIQUE	9h CULTURE PHYSIQUE	9h CULTURE PHYSIQUE	9h CULTURE PHYSIQUE
10h	10h GYM DOUCE	10h CULTURE PHYSIQUE	10h GYM DOUCE	10h STRETCHING	10h GYM DOUCE	10h GYM DOUCE
11h	11h GYM POSTURALE	11h GYM DOUCE	11h YOGA	11h SPÉCIAL DOS	11h QI GONG	11h CULTURE PHYSIQUE
12h			12h30			12h PILATES
13h	12h30 CULTURE PHYSIQUE	12h30 CUISSSES ABDOS FESSIERS		12h30 CULTURE PHYSIQUE	12h30 BODY TONIC	14h ZUMBA
14h						
15h						
16h						
17h						
18h		18h QI GONG				
19h	19h CULTURE PHYSIQUE	19h GYM DOUCE	19h CULTURE PHYSIQUE	19h CULTURE PHYSIQUE	19h CULTURE PHYSIQUE	
20h	20h STRETCHING	20h PILATES	20h STRETCHING	20h ZUMBA	20h PILATES	
21h	20h45 YOGA					