

septembre 2018



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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h-10h	Pilates	Garuda	Pilates	Garuda	Pilates	
10h-11h	coaching	coaching	coaching	coaching	coaching	Garuda
11h-12h	coaching	coaching	coaching	Pilates périnatale Chloé Kinésithérapeute D.E	coaching	Pilates
12h15- 13h15	Pilates	Flow yoga	renfo	Garuda	renfo	
14h30- 15h30	stretching	Pilates			Pilates	
	coaching	coaching	17h Flow yoga	coaching		
17h30	Pôle dance enfants	18h Garuda	18h Garuda	18h Garuda	18h30- 20h Hatha yoga Sébastien	
18h30	Pôle dance déb	19h Pilates		19h flow yoga		
20h	Pôle dance perf					