



**SAISON
2021 - 2022**

**PROGRAMME
COURS COLLECTIFS**

LUNDI

9h15 - 10h15
Full Body
Emmanuel

MARDI

18h15 - 19h15
Chi-Yoga
Sandra

19h30 - 20h30
Yin Yoga
Sandra

MERCREDI

9h15 - 10h15
**Soft Biking
& Body Forming**
Corinne

18h15 - 19h15
Chi-Yoga
Sandra

19h30 - 20h30
Zoumba / Dance
Manuela

JEUDI

18h00 - 19h00
Body Sculpt
Corinne

19h15 - 20h15
Indoor Cycling
Sarah

VENDREDI

18h30 - 19h30
Relaxation Yoga Nidra
Sandra

SELON DATES

SAMEDI

Cours fitforme