



SAISON
2023 - 2024

PROGRAMME COURS COLLECTIFS

LUNDI

MARDI

MERcredi

JEUDI

VENdREDI

SAMEDI

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

18h15 - 19h15
Indoor Cycling
Corinne

18h15 - 19h15
Chi-Yoga
Sandra

18h15 - 19h15
Chi-Yoga
Sandra

18h15 - 19h15
Body Sculpt
Corinne

18h30 - 19h30
Relaxation Yoga Nidra
Sandra

SELON DATES

19h30 - 20h30
Indoor Cycling

Cours fitforme