



**SAISON**  
**2022 - 2023**

## 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**  
Olivier

**Cours fitforme**