

Planning Cours Pilâtes et Yoga



Lundi

8H45
PILATES
LAURA

18H30
PILATES
LAURA

19H45
YOGA
MEGANE

Mardi

8H45
YOGA
SYLVIE

12H15
PILATES
LAURA

Mercredi

9H00
PILATES
LAURA

13h30
SPECIAL "KIDS"
move for good*

17H20
PILATES
LAURA

18H30
PILATES
LAURA

19H45
YOGA
MEGANE

Jeudi

18H00
YOGA
MEGANE

19H15
YOGA
MEGANE

20H30
YOGA
MEGANE

Vendredi

18H30
YOGA
MEGANE
semaine paire