



Planning 2026-2027



Lundi

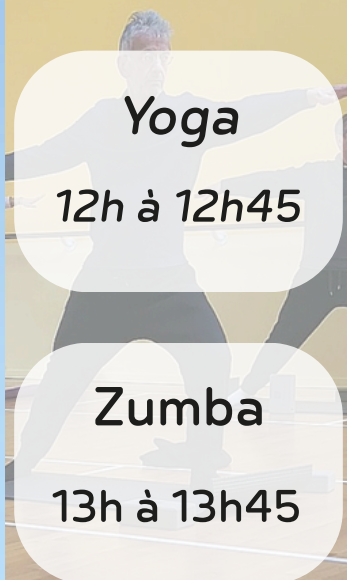


Gym Douce

12h à 12h45

Anne Sophie

Mardi



Yoga

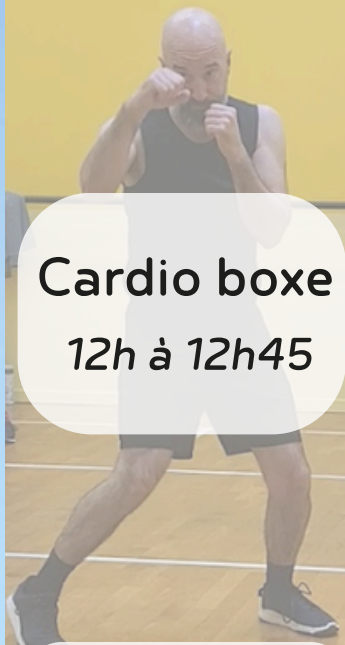
12h à 12h45

Zumba

13h à 13h45

Julie

Mercredi

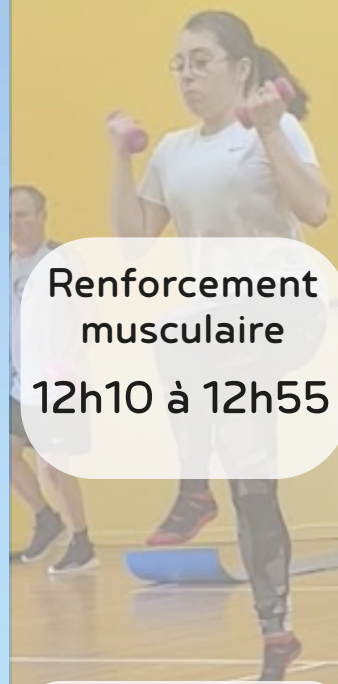


Cardio boxe

12h à 12h45

Martin

Jeudi

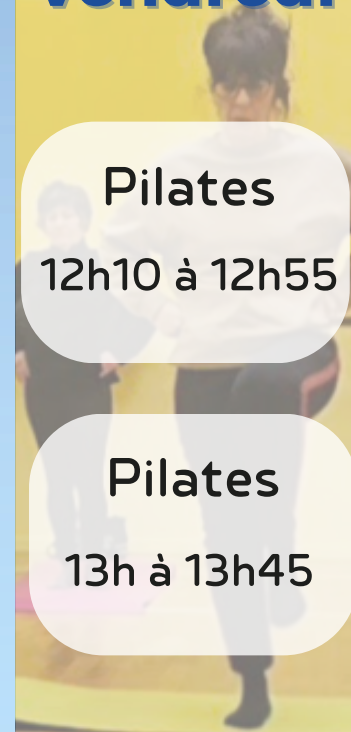


Renforcement musculaire

12h10 à 12h55

Anne Sophie

Vendredi



Pilates

12h10 à 12h55

Pilates

13h à 13h45

Nicolas

Inscription : licence FFSE 30€/an

