

Planning les armuriers

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
12:30-13:30				YOGA SCULPT		
17:00-18:00					PILATES SCULPT	
17:45-18:45	YOGA SCULPT	YOGA VINYASA FLOW	PILATES SCULPT	YOGA SCULPT		
18:15-19:15					YOGA STRETCH	
19:00-20:00	YIN YOGA	YOGA STRETCH	YOGA SCULPT	PILATES DEBUTANT		