

lundi	mardi	mercredi	jeudi	vendredi	samedi
9h – 10h Functional training	9h – 10h Pilates	9h15 – 10h15 Functional training	9h – 10h Stretching et mobilité	9h – 10h Pilates	9h00 – 10h00 Pilates
					10h15 – 11h15 Stretching et mobilité COURS EN VISIO
12h15 – 13h Pilates	12h15 – 13h Functional training	12h30 – 13h30 Pilates	12h30 – 13h30 Yoga	12h15 – 13h Functional training	
13h00 – 13h45 Yoga	13h00 – 13h45 Stretching et mobilité			13h00 – 13h45 Pilates	
					dimanche
	17h30 – 18h30 Yoga		17h30 – 18h30 Pilates	17h30 – 18h30 Processing Ballet technique	10h – 11h Cour en extérieur COURS AU PARC
18h – 19h Functional training	18h30 – 19h30 Pilates	18h – 19h Pilates	18h30 – 19h30 Functional training	18h30 – 19h30 Yoga	
19h – 20h Pilates	19h30 – 20h30 Functional training	19h – 20h Functional training	19h30 – 20h30 Yoga		
20h – 21h Stretching et mobilité		20h – 21h Stretching et mobilité			