

# VACANCES DE FEVRIER

DU LUNDI 25 FEV AU DIMACHE 10 MARS

## SALLE TATAMIS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<b>9H30</b>	BODY-SCULPT	CAF	GYM SANTE	PILATES	GYM SANTE	
<b>10H15</b>	STRETCH	FITBALL	STRETCH	TAF	BODY-SCULPT	
<b>12H15</b>	ABDO-FESS	BODY TONIC		BODY-SCULPT	PILATES	
<b>13H00</b>	STRETCH					
<b>17H30</b>	BODY TONIC	ABDOS-FESS	BODY-SCULPT	PILATES		
<b>18H15</b>	PILATES	BODY SCULPT	PILATES	CAF		
<b>19H00</b>	STRETCH		STRETCH	BODY-SCULPT STRETCH		

## SALLE PARQUET

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<b>12H30</b>			POWER BARRE			
<b>17H30</b>	LIA	LIA DEB	STEP 1	CROSS TRAINING	POWER BARRE	
<b>18H15</b>	ABDOS-FESS	CAF	ZUMBA	LIA	ABDOS-FESS	