

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	
12:15						12:15
12:30		12H15-13H45		12H15-13H45		12:30
13:00		SYSTEMA		SYSTEMA	12H30-13H30	13:00
13:15					PILATES	13:15
13:30						13:30
13:45						13:45
14:00						14:00
14:30						14:30
15:00						15:00
15:30						15:30
16:00						16:00
16:30						16:30
17:00						17:00
17:30	17H-18H				17H - 18H	17:30
17:45	MOUVEMENT & RESPIRATION				GI GONG	17:45
18:00			17H45-18H45			18:00
18:30	18H-19H30		MOUVEMENT & RESPIRATION		18H-20H	18:30
18:45				18H30-20H00		18:45
19:00	SYSTEMA					19:00
19:30			19H-20H30	TAÏ-CHI	SYSTEMA	19:30
19:45						19:45
20:00	19H45-21H15	20 H - 22 H	SYSTEMA			20:00
20:30						20:30
21:00	SYSTEMA	TANGO ARGENTIN	20H30-22H			21:00
21:15			TANGO ARGENTIN			21:15
21:30						21:30
22:00						22:00