

PLANNING DIVONNE À PARTIR DU 4 NOVEMBRE 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:00	YOGA	GYM DOS	CAF	PILATES	TAI CHI	COURS SURPRISE
11:00	PRANAYAMA	<small>LES MILLS</small> GRIT	SOPHROLOGIE	<small>LES MILLS</small> CORE	QI GONG	COURS SURPRISE
12:30	CAF	<small>LES MILLS</small> CORE	HIIT	HBX— BOXING	BODY SCULPT	
17:30	HBX— MOVE	HBX— FUSION	BODY SCULPT	<small>LES MILLS</small> GRIT	HBX— FUSION	
18:30	<small>LES MILLS</small> GRIT	HBX— MOVE	HBX— BOXING	HIIT	<small>LES MILLS</small> CORE	
19:30	<small>LES MILLS</small> CORE	HBX— BOXING	HBX— FUSION	CAF	PILATES	