

PLANNING COURS COLLECTIFS ESCAL'FORME

COACH
CHRISTINE

COACH
MARJORIE

COACH
GUILHEM



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H						
11H	GYM POSTURALE CHRISTINE		PILATES MARJORIE			
11H45						
12H						
14H						
16H						
16H30						
17H15	C.A.F CHRISTINE			YOGA CHRISTINE	PILATES MARJORIE	
18H	ZUMBA CHRISTINE			TOTAL BODY TRAINING GUILHEM	STRETCHING CHRISTINE	
18H15						
19H						
20H						
21H						