

# FITNESS ET RENFORCEMENT

## LUNDI

09.00

### STRETCHING POSTURAL

Valérie Pavillon Sextius

10.15

### CIRCUIT TRAINING

Valérie Pavillon Sextius

11.15

### STRETCHING

Valérie Pavillon Sextius

12.30

### PILATES 2

Valérie Pavillon Sextius

14.00

### DOS & POSTURE

Valérie Pavillon Sextius

15.00

### PILATES 1

Valérie Pavillon Sextius

17.45

### TONICITE

Sandrine Pavillon Sextius

18.45

### PILATES 2

Sandrine Pavillon Sextius

## MARDI

09.15

### PILATES 1

Valérie Pavillon Sextius

10.15

### PILATES 2

Valérie Pavillon Sextius

11.15

### STRETCHING POSTURAL

Valérie Pavillon Sextius

12.30

### CIRCUIT TRAINING

Valérie Pavillon Sextius

14.00

### PILATES 1

Valérie Pavillon Sextius

18.30

### PILATES RENFORCEMENT STRETCHING

Valérie Pavillon Sextius

## MERCREDI

15.15

### STRETCHING

Sandrine Pavillon Sextius

16.15

### PILATES 1

Sandrine Pavillon Sextius

18.00

### CIRCUIT TRAINING

Sandrine Pavillon Sextius

19.00

### PILATES 2

Sandrine Pavillon Sextius

## JEUDI

09.15

### PILATES 2

Valérie Pavillon Sextius

10.15

### STRETCHING POSTURAL

Valérie Pavillon Sextius

11.15

### TONICITE

Valérie Pavillon Sextius

12.30

### STRETCHING POSTURAL

Valérie Pavillon Sextius

14.00

### PILATES 2

Sandrine Pavillon Sextius

15.00

### EQUILIBRE & MEMOIRE

Sandrine Pavillon Sextius

18.15

### PILATES 2

Valérie Pavillon Sextius

19.20

### CIRCUIT TRAINING

Valérie Pavillon Sextius

## VENDREDI

09.00

### PILATES 2

Valérie Pavillon Sextius

10.15

### CIRCUIT TRAINING

Valérie Pavillon Sextius

11.15

### PILATES 2

Valérie Pavillon Sextius

12.30

### TONICITE

Laurie Pavillon Sextius

14.00

### PILATES 1

Laurie Pavillon Sextius

15.00

### STRETCHING

Laurie Pavillon Sextius

## SAMEDI

09.00

### PILATES 2

Valérie Pavillon Sextius

10.15

### CIRCUIT TRAINING

Valérie Pavillon Sextius

11.15

### PILATES 1

Valérie Pavillon Sextius

12.30

### DOS & POSTURE

Valérie Pavillon Sextius

13.30

### STRETCHING

Valérie Pavillon Sextius