

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

STRETCHING POSTURAL

Valérie Pavillon Sextius

10.15

PILATES 1

Valérie Pavillon Sextius

11.15

CIRCUIT TRAINING

Valérie Pavillon Sextius

12.30

DOS & POSTURE

Valérie Pavillon Sextius

13.30

STRETCHING

Valérie Pavillon Sextius