

COURS 2021-2022

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		Pilates 8h15 - 9h15				
		Pilates 9h30 - 10h30	Hatha Yoga 9h45 - 11h			
Hatha Yoga 14h15 - 15h30	Qi-Gong 14h - 15h30			Hatha Yoga 14h15 - 15h30		
Hatha Yoga 17h45 - 19h	Hatha Vinyasa Yoga 17h30 - 18h40	Hatha Vinyasa Yoga 17h - 18h40	Hatha Yoga 17h15 - 18h30	Tai-Chi Chuan 17h - 18h		
	Hatha Vinyasa Yoga 18h45 - 20h	Hatha Vinyasa Yoga 18h45 - 20h	Hatha Yoga 18h45 - 20h	Qi-Gong 18h - 19h	Pilates 18h - 19h	Tai-Chi 18h - 19h30
Pilates 19h30 - 20h30				Tai-Chi Chuan 19h - 20h		

		<u>Tel.</u>	<u>Mail</u>		<u>Tel.</u>	<u>Mail</u>
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