

## Planning cours en LIVE zoom

### Planning provisoire du 02/11 au 07/11

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
		12h30-13h Abdos			10h15-11h CAF
18h30-19h Fessiers	18h30-19h15 Full-body	17h-18h Pilates	18h30-19h15 Cardio-boxe	17h15-18h Full-body	11h-11h30 Cardio-boxe
19h-19h45 Full-body	19h15-20h CAF	18h30-19h HIIT	19h30-20h20 Vinyasa-flow yoga	18h-18h45 Abdos-Stretch	11h30-12h30 Barre au sol
		19h-19h45 Posture	20h20-20h45 Méditation- respiration		



Cours en LIVE sur zoom