



Planning du Studio 48

Lundi		17:00 - 18:00	18:00 - 19:00	19:00 - 20:00
		Pilates	Full-Body	Zumba
		Carole	Carole	Célia
Mardi	12:15 - 13:15		18:25 - 19:25	
	Yoga Hatha		Lady Girly	
	Sylviane		Kathia	
Mercredi		17:00 - 18:00	18:10 - 19:10	19:15 - 20:15
		Pilates Swissball	Pilates	Souplesse
		Lisa	Luisa	Priscilla
Jeudi		17:00 - 18:00	18:00 - 19:00	
		CAF	Pilates	
		Candice	Candice	
Vendredi			18:00 - 19:00	19:00 - 20:00
			Souplesse	Yoga-Fly
			Aline	Aline