

PLANNING ACTIVITES VISIO APALIB'

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
8H-9H			GYM TONIQUE		
8H30-9H30					
9H-10H			GYM TONIQUE		
			YOGA		
9H30-10H30	GYM STRETCHING	QI GONG EI MEDITATION ASSISE	GYM DOUCE	QI GONG EI MEDITATION ASSISE	
		GYM TONIQUE			
	GYM STRETCHING				
10H-11H				YOGA	
10H30-11H30			REEQUILIBRAGE ENERGETIQUE		10H45-12HDOS ET POSTURE SUR TAPIS
11H-12H				GYM PILATES	
				YOGA	
11H30-12H30					
12H-13H					
12H30-13H30				SPORT SANTE	
13H-14H					
13H30-14H30		MEDITATION GUIDEE (1h30)			
14H-15H				GYM STRETCHING	
				YOGA	
14H30-15H30		GYM DOUCE	GYM TONIQUE		
15H-16H	YOGA				
15H30-16H30				YOGA	
16H-17H			GYM DOUCE	GYM RENFORCEMENT MUSCULAIRE	
16H30-17H30					GYM TONIQUE
17H-18H		RELAXATION SOPHROLOGIE			17H15-18H15 SPORT SANTE
17H30-18H30		MEDITATION GUIDEE (1h30)			

CONTACTS

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