

2022-23

PLANNING QUAI N°10



	9h30 - 10h30 PILATES	9h30 - 11h YOGA	10h45 - 12h CORPS CONSCIENCE	10h - 11h PILATES	
	12h30 - 13h15 PILATES DOS	12h30 - 13h15 BODY TRAINING	12h30 - 13h15 PILATES	12h30 - 13h15 CUISSSES ABDOS FESSIERS	12h15 - 13h45 YOGA
DI	15h30 - 16h45 CORPS CONSCIENCE				
	MARDI	MERCUR	JEUDI	15h - 16h15 CORPS CONSCIENCE	
LUN		17h - 18h15 CORPS CONSCIENCE			
	18h15 - 19h15 PILATES	18h15 - 19h15 CUISSSES ABDOS FESSIERS	18h30 - 20h YOGA	18h15 - 19h15 BODY TRAINING	
	19h30 - 21h YOGA	19h30 - 20h30 PILATES			

SAMEDI

DIMANCHE

SAMEDIS et
DIMANCHES
nous organisons
Stages, Ateliers,
Concerts, Soirées ...
Retrouvez
nos actus sur :
f Quai n10
f AssoCorpsAccord

