

Programme des cours à partir du 01 09 2016 au 30 10 2016

Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi	
Salle 1		Salle 1		Salle 1		Salle 1		Salle 1		Salle 1	Salle 2
09:30		09:30		09:30		09:30	Pilates Petya	09:30		09:30	
10:30	Pilates Logan	10:30		10:30		10:30		10:30		10:30	Jazz-Ex Ballet
11:30		11:30		11:30		11:30		11:30		11:30	Jazz-Ex Jazz
12:30	Pilates Logan	12:30	Hatha Yoga Lotus Yoga Lux	12:30	Pilates Logan	12:30		12:30		12:30	
13:30		13:45		13:30		13:30		13:30		13:30	
14:30		14:45		14:30		14:30		14:30		14:30	
15:30		15:45		15:30		15:30		15:30		15:30	
16:30		16:30		16:30		16:30		16:30		16:30	
17:30		17:30	Pilates Rafaela	17:30		17:30	Pilates Giuliano	17:30		17:30	
18:30	Jazz-Ex Classicque	18:30	krav maga 100 % Women	18:00	Jazz-Ex Barres à terre	18:30		18:30		18:30	
19:30	Jazz-Ex Jazz	19:30		19:00	Jazz-Ex Classic Ballet	19:00		19:30		19:30	
20:30		20:30	krav maga Beginners	19:45	Jazz-Ex Jazz	20:00		20:00		20:00	
						20:30		20:30		20:30	