

FEVRIER 2025

ESPACE LIGUE DE SALON

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

| | | | | |
|---------------------------------|---|--------------------------------|-----------|---------------------------------------|
| 03 15h-16h: Gym Danse | 04 9h-12h: Psychologie | 05 11h-12h: Body Zen | 06 | 07 10h-11h: Training adapté |
| 10 | 11 | 12 | 13 | 14 10h-11h: Training adapté |
| 17 15h-16h: Gym Danse | 18 | 19 11h-12h: Body Zen | 20 | 21 10h-11h: Training adapté |
| 24 15h-16h: Gym Danse | 25 13h30-16h30: Socio-esthétique | 26 11h-12h: Body Zen | 27 | 28 10h-11h: Training adapté |