

HORAIRES ADULTES

SALLE DES RESTOUBLES GAREOULT

Jours		Horaires adultes	Animatrices	Activités
LUNDI	MATIN	9H/10H 10H/11H	CELINE CELINE	BODY SCULPT * YOGA
	SOIR	19H30/20H30 20H30/21H30	NICOLAS NICOLAS	FACT* PILATES
MARDI	MATIN	9H/10H * 10H/11H	CELINE CELINE	METAFIT * FESSIERS/STRETCHING
	APRES MIDI	14H/15H	NICOLAS	MARCHE ACTIVE
	SOIR	18H/19H 19H/20H	MARJORIE MARJORIE	PILATES ZUMBA
MERCREDI		9H/10H 10H/11H	ANNIE ANNIE	BODY SCULPT * GYM DOUCE
JEUDI	MATIN	9H/10H* 10H/11H	LYDIE LYDIE	BODY SCULPT * PILATES'RYTHM/STRETCHING
	SOIR	19H/20H 20H/21H	MARJORIE MARJORIE	JUMP/METAFIT CABARET
VENDREDI		9H/10H 10H/11H	CELINE CELINE	AERODANCE PILATES

* BODY SCULPT (gym'Pluriel)

* METAFIT (Cardio, Abdos, Gainage, Souplesse) FACT : Fessier, Abdo, Cardio, Tête