

SUNSUD ANTIGONE - Rue Bayard

Voir les mises à jour de planning sur le site web sunsud

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h Yoga doux Yan	9h Pilates doux Coralie	9h Yoga doux Yan	8h45 Pilates doux Fabiano	9h Gym move Fabiano	9h30 Yoga Yan
10h Yoga doux Axelle	9h45 Gym Fabiano	10h Yoga relax Charlene	9h30 Pilates doux Fabiano	9h45 Bodysculpt Fabiano	10h30 Peace Méditation
11h Qi Gong Franck	10H30 Zumba Fabiano		10h15 Pilates doux Fabiano	10h30 Gym move Fabiano	10h45 Yoga Yan
		11h Pilates chaise Fabiano	11h Yoga chaise Isis		11h45 Yoga Charlene
12h15 Yoga Axelle	12h15 Yoga Yan	12h15 Pilates Fabiano	12h15 Yoga Yan	12h15 Pilates Fabiano	12h45 Peace Méditation
13h00 Yoga Axelle	13h00 Yoga Yan	13h00 Pilates Fabiano	13h00 Yoga Yan	13h00 Pilates Fabiano	
17h30 Yoga Yan	17h30 Pilates Soumia	17h30 Yoga Axelle	17h30 Pilates Fabiano		
18h30 Yoga Yan	18h15 Pilates Soumia	18h30 Yoga Axelle	18h15 Pilates Fabiano	18h15-19h15 Yoga Relax Isis	
	19h Pilates Soumia	19h30 Peace Méditation	19h Bodysculpt Fabiano		
			19H45 Danses latine Fabiano		