





PLANNING NOEL 2023

MARDI 26/12		MERCREDI 27/12		JEUDI 28/12		VENDEDI 29/12		SAMEDI 30/12	
		09h15	CAF	09h15	GYM DOUCE			09h15	BIKE
		10h15	GYM DOUCE	10h15	HILO			10h15	CAF
		11h15	STRETCH	11h15	PILATES MATERIEL			11h15	PILATES FONDAMENTAL
		12h30	CORE TRAINING	12h30	CAF			12h30	STRETCH
17h30	POWER					17h30	CAF		
18h30	CROSS TRAINING					18h30	STRETCH		
19h30	HILO					19h30	PILATES MATERIEL		