



YSSINGEAUX

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	
COACHING	9 ^H 30 - 10 ^H 00 ⭐ START TRAINING	COACHING	COACHING	9 ^H 30 - 10 ^H 15 ⭐ TEAM PILATES		
	COACHING	11 ^H 00 - 12 ^H 00 ⭐ START TRAINING		11 ^H 00 - 12 ^H 00 ⭐ START TRAINING		
	12 ^H 15 - 13 ^H 00 ⭐ TEAM TRAINING	COACHING		COACHING		
16 ^H 00 - 17 ^H 00 ⭐ START TRAINING	17 ^H 45 - 18 ^H 30 ⭐ TEAM TRAINING	COACHING	COACHING	COACHING		
COACHING	COACHING		17 ^H 45 - 18 ^H 30 TEAM PILATES	17 ^H 30 - 18 ^H 30 ⭐ START TRAINING		
19 ^H 00 - 19 ^H 45 ⭐ TEAM PILATES			COACHING	18 ^H 15 - 19 ^H 00 ⭐ TEAM TRAINING		
COACHING				COACHING		

⭐ Attention, vos séances de Team Training et de Start Training sont sur inscription : nombre de places limité.