

PROGRAMME FITNESS ZOOM du 12 au 18 Octobre 2020

LUNDI 12	7h30	BODYSCULPT	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
	11h	STRETCHING	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
	12h15	Circuit Training	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
	18h30	BODYSCULPT	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053
	19h30	CAF/STRETCH	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053
MARDI 13	9h	PILATES	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053
	11h	DOS/POSTURE	Caroline	https://zoom.us/j/9482806927	ID : 948 280 6927
	18h	STRETCHING	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053
MERCREDI 14	8h30	YOGA Flow	Emma	https://us02web.zoom.us/j/2910792694	ID: 291 079 2694
	9h30	GYM DOUCE	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053
	12h15	BODYSCULPT	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
	18h15	CAF	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053
	19h	PILATES (avancé)	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053
JEUDI 15	8h30	STRETCHING	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
	10h	BODYSCULPT	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
	17h	BODYSCULPT	Caroline	https://zoom.us/j/9482806927	ID : 948 280 6927
	18h30	CAF	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
VENDREDI 16	7h30	GYM DOUCE	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
	9h30	STRETCHING	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053
	10h30	BODYSCULPT	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053
	19h	CAF/STRETCH	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
SAMEDI 17	10h	CAF	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
	11h	STRETCHING	Mickael	https://zoom.us/j/5479635079	ID: 547 963 5079
	14h30	Zumba	Caroline	https://zoom.us/j/9482806927	ID : 948 280 6927
	18H30	YOGA Vinyasa	Emma	https://us02web.zoom.us/j/2910792694	ID: 291 079 2694
DIMANCHE 18	9h30	BODYSCULPT	Elisabeth	https://zoom.us/j/4387172053	ID: 547 963 5079
	10h30	CAF	Elisabeth	https://zoom.us/j/4387172053	ID: 547 963 5079
	11h30	STRETCHING	Elisabeth	https://zoom.us/j/4387172053	ID: 547 963 5079
	15h30	PILATES	Elisabeth	https://zoom.us/j/4387172053	ID: 438 717 2053