



Septembre		Octobre		Novembre		Décembre		Janvier	
Lun 4	Relaxation	Lun 3	Relaxation	Lun 6	Relaxation	Lun 4	Relaxation	Lun 1	Vacances
Mar 5		Mar 4		Mar 7	Step	Mar 5	Step	Mar 2	Vacances
Lun 11	Relaxation	Lun 9	Relaxation	Lun 13	Relaxation	Lun 11	Relaxation	Lun 8	Relaxation
Mar 12	PROF ABS	Mar 10		Mar 14	Pilate	Mar 12	Pilate	Mar 9	Pilate
Lun 18	Relaxation	Lun 16	Relaxation	Lun 20	Relaxation	Lun 18	Relaxation	Lun 15	Relaxation
Mar 19		Mar 17		Mar 21	Bokwa	Mar 19	Bokwa	Mar 16	Bokwa
Lun 25	Relaxation	Lun 23	Vacances	Lun 27	Relaxation	Lun 25	Vacances	Lun 22	Relaxation
Mar 26		Mar 24	Vacances	Mar 28	Renfo	Mar 26	Vacances	Mar 23	Renfo
		Lun 30	Vacances					Lun 29	Relaxation
		Mar 31	Vacances					Mar 30	Circuit training



# ESCOUACH TONIC

Février		Mars		Avril		Mai		Juin	
Lun 5	Relaxation	Lun 4	Relaxation	Lun 1	férié	Lun 6	Relaxation	Lun 3	Relaxation
Mar 6	Step	Mar 5	Step	Mar 2	Step	Mar 7	Step	Mar 4	Step
Lun 12	Relaxation	Lun 11	Relaxation	Lun 8	Relaxation	Lun 13	Relaxation	Lun 10	Relaxation
Mar 13	Pilate	Mar 12	Pilate	Mar 9	Pilate	Mar 14	Pilate	Mar 11	Pilate
Lun 19	Vacances	Lun 18	Relaxation	Lun 15	Vacances	Lun 20	férié	Lun 17	Relaxation
Mar 20	Vacances	Mar 19	Bokwa	Mar 16	Vacances	Mar 21	Bokwa	Mar 18	Bokwa
Lun 26	Vacances	Lun 25	Relaxation	Lun 22	Vacances	Lun 27	Relaxation	Lun 24	Relaxation
Mar 27	Vacances	Mar 26	Renfo	Mar 23	Vacances	Mar 28	Renfo	Mar 25	Renfo
				Lun 29	Relaxation				
				Mar 30	Circuit training				