

GYM BOUTIQUE

GOLF PERALADA

HORAIRE CLASSES DIRIGÉES

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:30 – 10:20		YOGA WORKOUT FESSES/ABS		FULL BODY YOGA		YOGA ANTI-RHUMATISANT
10:30 – 11:20		FULL BODY YOGA		FLEXIBILITÉ YOGA		YOGA MÉDITATIF
17:30 – 18:20	FLEXIBILITÉ YOGA		FULL BODY YOGA		FULL BODY YOGA	
18:30 – 19:20	YOGA WORKOUT CORE		FLEXIBILITÉ DE LA HANCHE YOGA		YOGA WORKOUT FESSES/ABS	
19:30 – 20:20	FULL BODY YOGA		YOGA MOBILITÉ		YOGA CARDIO	