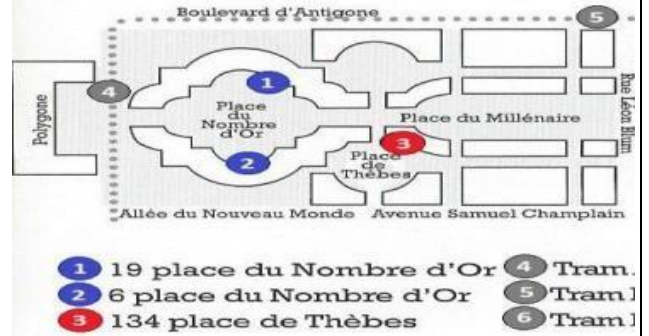




**PLANNING
ADRA
salle 6**

**Saison
24-25**



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30-10h30	9h30-10h30 Gym Bothmer	9h-10h 10h15-11h15 Stretching Postural	9h15-10h30 Qi Gong	9h-12h YOGA DU SON	10h-11h Feldenkrais	STAGES journée
10h30-11h						
11h-12h Pilates chaise						
12h30-13h30 Pilates	12h15-13h45 Chant Jazz Les Filles du Mardi	12h30-13h30 Pilates chaise	12h30-13h30 Pilates	12h30-13h30 Yoga Chaise		
14h-17h30 BAOBAB	14h - 18h Bridge AMUCS		14h - 18h Bridge AMUCS			
18h-19h30 Sophro stages	18h30-20h TAI CHI	18h15-19h30 Qi Gong		18h30-19h45 Yoga Agnès	18h-20h Dancehall	
19h45-21h15 Art Martial Sanda		19h45-21h15 Sophro stages	20h-21h Afrovibe			