



PAVILLON
SEXTIUS

PLANNING COACHING

À PARTIR DU 19 NOVEMBRE 2018

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
			Pilates Niv. 1	Stretching Postural	Pilates Niv. 2	9h15 Gym Périnatale
		10h-11h Stretching Postural	Yoga	10h-11h Pilates Niv. 2	Circuit Training	Dos / Posture
		11h-12h Pilates Niv. 2	Yoga	Tonicité	Dos / Posture	Circuit Training
Pass Coaching	12h30 - 13h15	Respiration en pleine conscience	Circuit Training	Cardio Boxing	12h30-13h30 Stretching Postural	12h30-13h30 Pilates Niv. 2
Pass Coaching	13h15 - 14h00	13h-14h Pilates Niv. 2	Stretching		Respiration en pleine conscience	13h45 Tonicité
	14h00 - 14h45	Dos / Posture	14h-15h Pilates Niv. 1		14h-15h Stretching Postural	14h30 Stretching
	15h00 - 15h45	Stretching	Dos / Posture		Stretching	
	16h00 - 16h45	16h-17h Pilates Niv. 1				
	17h00 - 17h45	Tonicité		17h-18h Pilates Niv. 1	17h15 Stretching	
Pass Coaching	18h00 - 18h45	Circuit Training		Yoga	18h-19h Pilates Niv. 2	
Pass Coaching	19h00 - 19h45	19h-20h Pilates Niv. 2		Cardio Boxing	Circuit Training	

Reservez votre cours : resa-spasextius@partouche.com

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