

**ZOOM DU LUNDI 3 MARS AU DIMANCHE 9 MARS**

Lundi	7H30	BODYSCULPT	Elisabeth	<a href="https://zoom.us/j/4387172053">https://zoom.us/j/4387172053</a>
	10h	YOGA VINYASA	EMMA REPLAY 7 JOURS	<a href="https://us02web.zoom.us/j/2910792694">https://us02web.zoom.us/j/2910792694</a>
	18h30	CAF	Marc	<a href="https://zoom.us/j/8522620287">https://zoom.us/j/8522620287</a>
Mardi	11h	DOS/POSTURE	Caroline	<a href="https://zoom.us/j/9482806927">https://zoom.us/j/9482806927</a>
Mercredi	8h	GYM DOUCE	Elisabeth	<a href="https://zoom.us/j/4387172053">https://zoom.us/j/4387172053</a>
	9h	YOGA VINYASA	EMMA REPLAY 7 JOURS	<a href="https://us02web.zoom.us/j/2910792694">https://us02web.zoom.us/j/2910792694</a>
	18h30	BODYSCUPLT	Elisabeth	<a href="https://zoom.us/j/4387172053">https://zoom.us/j/4387172053</a>
	19H30	PILATES	Elisabeth	<a href="https://zoom.us/j/4387172053">https://zoom.us/j/4387172053</a>
Jeudi	8h	PILATES	Elisabeth	<a href="https://zoom.us/j/4387172053">https://zoom.us/j/4387172053</a>
Vendredi	7h30	ABDOS/STRETCH	Mickael	<a href="https://zoom.us/j/5479635079">https://zoom.us/j/5479635079</a>
reprise le 4 avril	9H	YOGA VINYASA	TATIANA	
Samedi	18h30	DOS/ABDOS	Marc	<a href="https://zoom.us/j/8522620287">https://zoom.us/j/8522620287</a>
	10h	CAF	Mickael	<a href="https://zoom.us/j/5479635079">https://zoom.us/j/5479635079</a>
	11h	HIIT/stretch	Mickael	<a href="https://zoom.us/j/5479635079">https://zoom.us/j/5479635079</a>
	18h	YOGA	EMMA REPLAY 7 JOURS	<a href="https://us02web.zoom.us/j/2910792694">https://us02web.zoom.us/j/2910792694</a>
Dimanche	10h	BODYSCULPT	Elisabeth	<a href="https://zoom.us/j/4387172053">https://zoom.us/j/4387172053</a>
	18h00	PILATES	Elisabeth	<a href="https://zoom.us/j/4387172053">https://zoom.us/j/4387172053</a>



