

PLANNING DES ACTIVITES KINE SPORTS SANTE 2018/2019

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					9H15 / 10H30 ECOLE DU DOS
				9H30 / 10H30 GYM VERTEBRALE	
	10H15 / 11H15 GYM VERTEBRALE PILATES DEB. STRETCHING		10H15 / 11H15 ROSE PILATES	10H45 / 11H45 PILATES DEBUTANT	10H45 / 11H45 PILATES INTERMED. ou CIRCUIT TRAINING ou GYM VERTEBRALE ou STRETCHING
				12H / 13H PILATES INTERMEDIAIRE	
18H / 19H PILATES INTERMEDIAIRE ou CIRCUIT TRAINING	18H / 19H GYM VERTEBRALE Ou STRETCHING Ou PILATES DEB				
19H15 / 20H15 SOPHROLOGIE	19H15 / 20H15 PILATES INTERMED.		19H / 20H PILATES DEBUTANT		

Contact KSS : Servane Cosquéric-Pautard – 06.76.30.70.84 – ecoledudos35@gmail.com – www.kine-sports-sante.fr

Contact pour la sophrologie : Lucie Doreau – 07.69.12.10.23 - lucie.sophro@gmail.com