

LISTE DE TOUS LES COURS KINE SPORTS SANTE – AOUT / DECEMBRE 2018

MOIS	N° SEMAINE	JOUR	DATE	HORAIRES	TYPE DE COURS
AOUT 2018	35 1	LUNDI	27/08/18	18H/19H	PILATES INTERMEDIAIRE 1
		MARDI	28/08/18	18H/19H	GYM VERTEBRALE 1
		MARDI	28/08/18	19H15/20H15	PILATES INTERMEDIAIRE 1
		JEUDI	30/08/18	10H15/11H15	GYM VERTEBRALE 1
		JEUDI	30/08/18	19H/20H	PILATES DEBUTANT 1
		VENDREDI	31/08/18	10H45/11H45	PILATES DEBUTANT 1
		VENDREDI	31/08/18	12H/13H	PILATES INTERMEDIAIRE 1
		SAMEDI	01/09/18	10H45/11H45	PILATES INTERMEDIAIRE 1
	36 2	LUNDI	03/09/18	18H/19H	PILATES INTERMEDIAIRE 2
		MARDI	04/09/18	18H/19H	PILATES DEBUTANT 1
		MARDI	04/09/18	19H15/20H15	PILATES INTERMEDIAIRE 2
		JEUDI	06/09/18	19H/20H	PILATES DEBUTANT 2
		VENDREDI	07/09/18	9H30/10H30	GYM VERTEBRALE 2
		VENDREDI	07/09/18	10H45/11H45	PILATES DEBUTANT 2
		VENDREDI	07/09/18	12H/13H	PILATES INTERMEDIAIRE 2
		SAMEDI	08/09/18	10H45/11H45	GYM VERTEBRALE 1
	37 3	LUNDI	10/09/18	18H/19H	PILATES INTERMEDIAIRE 3
		MARDI	11/09/18	18H/19H	GYM VERTEBRALE 2
		MARDI	11/09/18	19H15/20H15	PILATES INTERMEDIAIRE 3
		JEUDI	13/09/18	19H/20H	PILATES DEBUTANT 3
		VENDREDI	14/09/18	9H30/10H30	GYM VERTEBRALE 3
		VENDREDI	14/09/18	10H45/11H45	PILATES DEBUTANT 3
VENDREDI		14/09/18	12H/13H	PILATES INTERMEDIAIRE 3	
SAMEDI		15/09/18	10H45/11H45	PILATES INTERMEDIAIRE 2	
SEPTEMBRE 2018	38 4	LUNDI	17/09/18	18H/19H	PILATES INTERMEDIAIRE 4
		MARDI	18/09/18	18H/19H	PILATES DEBUTANT 2
		MARDI	18/09/18	19H15/20H15	PILATES INTERMEDIAIRE 4
		JEUDI	20/09/18	19H/20H	PILATES DEBUTANT 4
		VENDREDI	21/09/18	9H30/10H30	GYM VERTEBRALE 4
		VENDREDI	21/09/18	10H45/11H45	PILATES DEBUTANT 4
		VENDREDI	21/09/18	12H/13H	PILATES INTERMEDIAIRE 4
		SAMEDI	22/09/18	10H45/11H45	GYM VERTEBRALE 2
	39 5	LUNDI	24/09/18	18H/19H	PILATES INTERMEDIAIRE 5
		MARDI	25/09/18	10H15/11H15	GYM VERTEBRALE 3
		MARDI	25/09/18	18H/19H	GYM VERTEBRALE 3
		MARDI	25/09/18	19H15/20H15	PILATES INTERMEDIAIRE 5
		JEUDI	27/09/18	10H15/11H15	GYM VERTEBRALE 5
		JEUDI	27/09/18	19H/20H	PILATES DEBUTANT 5
VENDREDI		28/09/18	PAS DE COURS : FORMATION CANCER DU SEIN		
SAMEDI		29/09/18	PAS DE COURS : FORMATION CANCER DU SEIN		
	40 6	LUNDI	01/10/18	18H/19H	CIRCUIT TRAINING 1
		MARDI	02/10/18	10H15/11H15	PILATES DEBUTANT 3
		MARDI	02/10/18	18H/19H	PILATES DEBUTANT 3
		MARDI	02/10/18	19H15/20H15	PILATES INTERMEDIAIRE 6
		JEUDI	04/10/18	19H/20H	PILATES DEBUTANT 6
		VENDREDI	05/10/18	9H30/10H30	GYM VERTEBRALE 6
		VENDREDI	05/10/18	10H45/11H45	PILATES DEBUTANT 5
		VENDREDI	05/10/18	12H/13H	PILATES INTERMEDIAIRE 5
		SAMEDI	06/10/18	10H45/11H45	GYM VERTEBRALE 3

OCTOBRE 2018	41 7	LUNDI	08/10/18	18H/19H	PILATES INTERMEDIAIRE 6	
		MARDI	09/10/18	10H15/11H15	GYM VERTEBRALE 4	
		MARDI	09/10/18	18H/19H	GYM VERTEBRALE 4	
		MARDI	09/10/18	19H15/20H15	PILATES INTERMEDIAIRE 7	
		JEUDI	11/10/18	18H30/19H30	PILATES DEBUTANT 6	
		JEUDI	11/10/18	19H/20H	PILATES DEBUTANT 7	
		VENDREDI	12/10/18	PAS DE COURS : FORMATION CANCER DU SEIN		
		SAMEDI	13/10/18	10H45/11H45	CIRCUIT TRAINING 1	
	42 8	LUNDI	15/10/18	18H/19H	PILATES INTERMEDIAIRE 7	
		MARDI	16/10/18	10H15/11H15	PILATES DEBUTANT 4	
		MARDI	16/10/18	18H/19H	PILATES DEBUTANT 4	
		MARDI	16/10/18	19H15/20H15	PILATES INTERMEDIAIRE 8	
		JEUDI	18/10/18	PAS DE COURS : FORMATION AEROPORT DE RENNES		
		JEUDI	18/10/18	18H30/19H30	PILATES INTERMEDIAIRE 6	
		JEUDI	18/10/18	19H30/20H30	PILATES DEBUTANT 8	
		VENDREDI	19/10/18	PAS DE COURS : FORMATION AEROPORT DE RENNES		
		SAMEDI	20/10/18	10H45/11H45	GYM VERTEBRALE 4	
	43 9	LUNDI	22/10/18	18H/19H	CIRCUIT TRAINING 2	
		MARDI	23/10/18	10H15/11H15	GYM VERTEBRALE 5	
		MARDI	23/10/18	18H/19H	GYM VERTEBRALE 5	
		MARDI	23/10/18	19H15/20H15	CIRCUIT TRAINING 1	
		JEUDI	25/10/18	19H/20H	PILATES DEBUTANT 9	
		VENDREDI	26/10/18	9H30/10H30	GYM VERTEBRALE 7	
		VENDREDI	26/10/18	10H45/11H45	PILATES DEBUTANT 7	
		VENDREDI	26/10/18	12H/13H	PILATES INTERMEDIAIRE 7	
		SAMEDI	27/10/18	10H45/11H45	PILATES INTERMEDIAIRE 3	
	44	PAS DE COURS : 2é SEMAINE DES VACANCES DE LA TOUSSAINT				
	NOVEMBRE 2018	45 10	LUNDI	05/11/18	18H/19H	PILATES INTERMEDIAIRE 8
			MARDI	06/11/18	10H15/11H15	PILATES DEBUTANT 5
			MARDI	06/11/18	18H/19H	PILATES DEBUTANT 5
			MARDI	06/11/18	19H15/20H15	PILATES INTERMEDIAIRE 9
			JEUDI	08/11/18	19H/20H	PILATES DEBUTANT 10
			VENDREDI	09/11/18	9H30/10H30	GYM VERTEBRALE 8
			VENDREDI	09/11/18	10H45/11H45	PILATES DEBUTANT 8
			VENDREDI	09/11/18	12H/13H	PILATES INTERMEDIAIRE 8
SAMEDI			10/11/18	PAS DE COURS : FORMATION STRETCHING		
46 11		LUNDI	12/11/18	18H/19H	PILATES INTERMEDIAIRE 9	
		MARDI	13/11/18	PAS DE COURS A 10H15 : FORMATION AEROPORT		
		MARDI	13/11/18	18H/19H	GYM VERTEBRALE 6	
		MARDI	13/11/18	19H15/20H15	PILATES INTERMEDIAIRE 10	
		JEUDI	15/11/18	19H/20H	PILATES DEBUTANT 11	
		VENDREDI	16/11/18	9H30/10H30	GYM VERTEBRALE 9	
		VENDREDI	16/11/18	10H45/11H45	PILATES DEBUTANT 9	
		VENDREDI	16/11/18	12H/13H	PILATES INTERMEDIAIRE 9	
		SAMEDI	17/11/18	10H45/11H45	GYM VERTEBRALE 5	
47 12		LUNDI	19/11/18	18H/19H	CIRCUIT TRAINING 3	
		MARDI	20/11/18	10H15/11H15	GYM VERTEBRALE 7	
		MARDI	20/11/18	18H/19H	GYM VERTEBRALE 7	
		MARDI	20/11/18	19H15/20H15	PILATES INTERMEDIAIRE 11	
		JEUDI	22/11/18	19H/20H	PILATES DEBUTANT 12	
		VENDREDI	23/11/18	9H30/10H30	GYM VERTEBRALE 10	
		VENDREDI	23/11/18	10H45/11H45	PILATES DEBUTANT 10	
		VENDREDI	23/11/18	12H/13H	PILATES INTERMEDIAIRE 10	
		SAMEDI	24/11/18	PAS DE COURS : FORMATION STRETCHING		
		LUNDI	26/11/18	18H/19H	PILATES INTERMEDIAIRE 10	
		MARDI	27/11/18	10H15/11H15	PILATES DEBUTANT 6	

48 13	MARDI	27/11/18	18H/19H	PILATES DEBUTANT 6	
	MARDI	27/11/18	19H15/20H15	PILATES INTERMEDIAIRE 12	
	JEUDI	29/11/18	19H/20H	PILATES DEBUTANT 13	
	VENDREDI	30/11/18	9H30/10H30	GYM VERTEBRALE 11	
	VENDREDI	30/11/18	10H45/11H45	PILATES DEBUTANT 11	
	VENDREDI	30/11/18	12H/13H	PILATES INTERMEDIAIRE 11	
	SAMEDI	01/12/18	10H45/11H45	CIRCUIT TRAINING 2	
	49 14	LUNDI	03/12/18	18H/19H	PILATES INTERMEDIAIRE 11
		MARDI	04/12/18	10H15/11H15	GYM VERTEBRALE 8
		MARDI	04/12/18	18H/19H	GYM VERTEBRALE 8
		MARDI	04/12/18	19H15/20H15	PILATES INTERMEDIAIRE 13
		JEUDI	06/12/18	19H/20H	PILATES DEBUTANT 14
		VENDREDI	07/12/18	9H30/10H30	GYM VERTEBRALE 12
VENDREDI		07/12/18	10H45/11H45	PILATES DEBUTANT 12	
VENDREDI		07/12/18	12H/13H	PILATES INTERMEDIAIRE 12	
SAMEDI		08/12/18	10H45/11H45	STRETCHING 1	
50 15	LUNDI	10/12/18	18H/19H	CIRCUIT TRAINING 4	
	MARDI	11/12/18	10H15/11H15	STRETCHING 1	
	MARDI	11/12/18	18H/19H	STRETCHING 1	
	MARDI	11/12/18	19H15/20H15	PILATES INTERMEDIAIRE 14	
	JEUDI	13/12/18	19H/20H	PILATES DEBUTANT 15	
	VENDREDI	14/12/18	9H30/10H30	GYM VERTEBRALE 13	
	VENDREDI	14/12/18	10H45/11H45	PILATES DEBUTANT 13	
	VENDREDI	14/12/18	12H/13H	PILATES INTERMEDIAIRE 13	
	SAMEDI	15/12/18	10H45/11H45	PILATES INTERMEDIAIRE 4	
51 16	LUNDI	17/12/18	18H/19H	PILATES INTERMEDIAIRE 12	
	MARDI	18/12/18	10H15/11H15	PILATES DEBUTANT 7	
	MARDI	18/12/18	18H/19H	PILATES DEBUTANT 7	
	MARDI	18/12/18	19H15/20H15	PILATES INTERMEDIAIRE 15	
	JEUDI	20/12/18	19H/20H	PILATES DEBUTANT 16	
	VENDREDI	21/12/18	9H30/10H30	GYM VERTEBRALE 14	
	VENDREDI	21/12/18	10H45/11H45	PILATES DEBUTANT 14	
	VENDREDI	21/12/18	12H/13H	PILATES INTERMEDIAIRE 14	
	SAMEDI	22/12/18	10H45/11H45	GYM VERTEBRALE 6	
52	PAS DE COURS : 1 ^{ère} SEMAINE DES VACANCES DE NOËL				

LISTE DE TOUS LES COURS KINE SPORTS SANTE – JANVIER / AVRIL 2019

MOIS	N° SEMAINE	JOUR	DATES	HORAIRES	TYPE DE COURS
	1	PAS DE COURS : 2 ^{ème} SEMAINE DES VACANCES DE NOEL			
	2 17	LUNDI	07/01/19	18H/19H	PILATES INTERMEDIAIRE 13
		MARDI	08/01/19	10H15/11H15	PILATES DEBUTANT 8
		MARDI	08/01/19	18H/19H	PILATES DEBUTANT 8
		MARDI	08/01/19	19H15/20H15	PILATES INTERMEDIAIRE 16
		JEUDI	10/01/19	19H/20H	PILATES DEBUTANT 17
		VENDREDI	11/01/19	9H30/10H30	GYM VERTEBRALE 15
		VENDREDI	11/01/19	10H45/11H45	PILATES DEBUTANT 15
		VENDREDI	11/01/19	12H/13H	PILATES INTERMEDIAIRE 15
		SAMEDI	12/01/19	10H45/11H45	PILATES INTERMEDIAIRE 5

JANVIER 2019	3 18	LUNDI	14/01/19	18H/19H	CIRCUIT TRAINING 5	
		MARDI	15/01/19	10H15/11H15	GYM VERTEBRALE 9	
		MARDI	15/01/19	18H/19H	GYM VERTEBRALE 9	
		MARDI	15/01/19	19H15/20H15	PILATES INTERMEDIAIRE 17	
		JEUDI	17/01/19	19H/20H	PILATES DEBUTANT 18	
		VENDREDI	18/01/19	09H30/10H30	GYM VERTEBRALE 16	
		VENDREDI	18/01/19	10H45/11H45	PILATES DEBUTANT 16	
		VENDREDI	18/01/19	12H/13H	PILATES INTERMEDIAIRE 16	
		SAMEDI	19/01/19	10H45/11H45	STRETCHING 2	
	4 19	LUNDI	21/01/19	18H/19H	PILATES INTERMEDIAIRE 14	
		MARDI	22/01/19	10H15/11H15	STRETCHING 2	
		MARDI	22/01/19	18H/19H	STRETCHING 2	
		MARDI	22/01/19	19H15/20H15	PILATES INTERMEDIAIRE 18	
		JEUDI	24/01/19	19H/20H	PILATES DEBUTANT 19	
		VENDREDI	25/01/19	09H30/10H30	GYM VERTEBRALE 17	
		VENDREDI	25/01/19	10H45/11H45	PILATES DEBUTANT 17	
		VENDREDI	25/01/19	12H/13H	PILATES INTERMEDIAIRE 17	
		SAMEDI	26/01/19	10H45/11H45	CIRCUIT TRAINING 3	
5 20	LUNDI	28/01/19	18H/19H	PILATES INTERMEDIAIRE 15		
	MARDI	29/01/19	10H15/11H15	PILATES DEBUTANT 9		
	MARDI	29/01/19	18H/19H	PILATES DEBUTANT 9		
	MARDI	29/01/19	19H15/20H15	PILATES INTERMEDIAIRE 19		
	JEUDI	31/01/19	19H/20H	PILATES DEBUTANT 20		
	VENDREDI	01/02/19	09H30/10H30	GYM VERTEBRALE 18		
	VENDREDI	01/02/19	10H45/11H45	PILATES DEBUTANT 18		
	VENDREDI	01/02/19	12H/13H	PILATES INTERMEDIAIRE 18		
	SAMEDI	02/02/19	10H45/11H45	GYM VERTEBRALE 7		
FEVRIER 2019	6 21	LUNDI	04/02/19	18H/19H	CIRCUIT TRAINING 6	
		MARDI	05/02/19	10H15/11H15	GYM VERTEBRALE 10	
		MARDI	05/02/19	18H/19H	GYM VERTEBRALE 10	
		MARDI	05/02/19	19H15/20H15	PILATES INTERMEDIAIRE 20	
		JEUDI	07/02/19	19H/20H	PILATES DEBUTANT 21	
		VENDREDI	08/02/19	PAS DE COURS : FORMATION		
	SAMEDI	09/02/19				
	7 22	LUNDI	11/02/19	PAS DE COURS : 2 ^{ème} SEMAINE DES VACANCES DE FEVRIER		
		MARDI	12/02/19			
		MARDI	12/02/19	18H/19H	STRETCHING 3	
		MARDI	12/02/19	19H15/20H15	PILATES INTERMEDIAIRE 21	
		JEUDI	14/02/19	19H/20H	PILATES DEBUTANT 22	
		VENDREDI	15/02/19	09H30/10H30	GYM VERTEBRALE 19	
		VENDREDI	15/02/19	10H45/11H45	PILATES DEBUTANT 18	
		VENDREDI	15/02/19	12H/13H	PILATES INTERMEDIAIRE 19	
		SAMEDI	16/02/19	10H45/11H45	PILATES INTERMEDIAIRE 6	
	8	PAS DE COURS : 2 ^{ème} SEMAINE DES VACANCES DE FEVRIER				
	9 23	LUNDI	25/02/19	18H/19H	PILATES INTERMEDIAIRE 16	
MARDI		26/02/19	10H15/11H15	PILATES DEBUTANT 10		
MARDI		26/02/19	18H/19H	PILATES DEBUTANT 10		
MARDI		26/02/19	19H15/20H15	PILATES INTERMEDIAIRE 22		
JEUDI		28/02/19	19H/20H	PILATES DEBUTANT 23		
VENDREDI		01/03/19	09H30/10H30	GYM VERTEBRALE 20		
VENDREDI		01/03/19	10H45/11H45	PILATES DEBUTANT 19		
VENDREDI		01/03/19	12H/13H	PILATES INTERMEDIAIRE 20		
SAMEDI		02/03/19	10H45/11H45	CIRCUIT TRAINING 4		
	LUNDI	04/03/19	18H/19H	PILATES INTERMEDIAIRE 17		

MARS 2019	10 24	MARDI	05/03/19	10H15/11H15	GYM VERTEBRALE 11
		MARDI	05/03/19	18H/19H	GYM VERTEBRALE 11
		MARDI	05/03/19	19H15/20H15	PILATES INTERMEDIAIRE 23
		JEUDI	07/03/19	19H/20H	PILATES DEBUTANT 24
		VENDREDI	08/03/19	09H30/10H30	GYM VERTEBRALE 21
		VENDREDI	08/03/19	10H45/11H45	PILATES DEBUTANT 20
		VENDREDI	08/03/19	12H/13H	PILATES INTERMEDIAIRE 21
		SAMEDI	09/03/19	10H45/11H45	STRETCHING 3
	11 25	LUNDI	11/03/19	18H/19H	CIRCUIT TRAINING 7
		MARDI	12/03/19	10H15/11H15	STRETCHING 4
		MARDI	12/03/19	18H/19H	STRETCHING 4
		MARDI	12/03/19	19H15/20H15	PILATES INTERMEDIAIRE 24
		JEUDI	14/03/19	19H/20H	PILATES DEBUTANT 25
		VENDREDI	15/03/19	09H30/10H30	GYM VERTEBRALE 22
		VENDREDI	15/03/19	10H45/11H45	PILATES DEBUTANT 21
		VENDREDI	15/03/19	12H/13H	PILATES INTERMEDIAIRE 22
		SAMEDI	16/03/19	10H45/11H45	GYM VERTEBRALE 8
	12 26	LUNDI	18/03/19	18H/19H	PILATES INTERMEDIAIRE 18
		MARDI	19/03/19	10H15/11H15	PILATES DEBUTANT 11
		MARDI	19/03/19	18H/19H	PILATES DEBUTANT 11
		MARDI	19/03/19	19H15/20H15	PILATES INTERMEDIAIRE 25
		JEUDI	21/03/19	19H/20H	PILATES DEBUTANT 26
		VENDREDI	22/03/19	09H30/10H30	GYM VERTEBRALE 23
		VENDREDI	22/03/19	10H45/11H45	PILATES DEBUTANT 22
		VENDREDI	22/03/19	12H/13H	PILATES INTERMEDIAIRE 23
	13 27	LUNDI	25/03/19	18H/19H	PILATES INTERMEDIAIRE 19
		MARDI	26/03/19	10H15/11H15	GYM VERTEBRALE 12
		MARDI	26/03/19	18H/19H	GYM VERTEBRALE 12
MARDI		26/03/19	19H15/20H15	PILATES INTERMEDIAIRE 26	
JEUDI		28/03/19	19H/20H	PILATES DEBUTANT 27	
VENDREDI		29/03/19	09H30/10H30	GYM VERTEBRALE 24	
VENDREDI		29/03/19	10H45/11H45	PILATES DEBUTANT 23	
VENDREDI		29/03/19	12H/13H	PILATES INTERMEDIAIRE 24	
SAMEDI		30/03/19	10H45/11H45	PILATES INTERMEDIAIRE 7	
AVRIL 2019	14 28	LUNDI	01/04/19	18H/19H	CIRCUIT TRAINING 8
		MARDI	02/04/19	10H15/11H15	STRETCHING 5
		MARDI	02/04/19	18H/19H	STRETCHING 5
		MARDI	02/04/19	19H15/20H15	PILATES INTERMEDIAIRE 27
		JEUDI	04/04/19	19H/20H	PILATES DEBUTANT 28
		VENDREDI	05/04/19	09H30/10H30	GYM VERTEBRALE 25
		VENDREDI	05/04/19	10H45/11H45	PILATES DEBUTANT 24
		VENDREDI	05/04/19	12H/13H	PILATES INTERMEDIAIRE 25
		SAMEDI	06/04/19	10H45/11H45	GYM VERTEBRALE 9
	15 29	LUNDI	08/04/19	18H/19H	PILATES INTERMEDIAIRE 20
		MARDI	09/04/19	10H15/11H15	PILATES DEBUTANT 12
		MARDI	09/04/19	18H/19H	PILATES DEBUTANT 12
		MARDI	09/04/19	19H15/20H15	PILATES INTERMEDIAIRE 28
		JEUDI	11/04/19	19H/20H	PILATES DEBUTANT 29
		VENDREDI	12/04/19	09H30/10H30	GYM VERTEBRALE 26
		VENDREDI	12/04/19	10H45/11H45	PILATES DEBUTANT 25
		VENDREDI	12/04/19	12H/13H	PILATES INTERMEDIAIRE 26
		SAMEDI	13/04/19	10H45/11H45	STRETCHING 4
	16	PAS DE COURS : 2 ^{ème} SEMAINE DES VACANCES DE PAQUES			
		LUNDI	22/04/19	PAS DE COURS : FERIE LUNDI DE PAQUES	
	MARDI	23/04/19		GYM VERTEBRALE 13	

	17 30	MARDI	23/04/19	18H/19H	GYM VERTEBRALE 13
		MARDI	23/04/19	19H15/20H15	PILATES INTERMEDIAIRE 29
		JEUDI	25/04/19	19H/20H	PILATES DEBUTANT 30
		VENDREDI	26/04/19	09H30/10H30	GYM VERTEBRALE 27
		VENDREDI	26/04/19	10H45/11H45	PILATES DEBUTANT 26
		VENDREDI	26/04/19	12H/13H	PILATES INTERMEDIAIRE 27
		SAMEDI	27/04/19	10H45/11H45	CIRCUIT TRAINING 6
	18 31	LUNDI	29/04/19	18H/19H	PILATES INTERMEDIAIRE 21
		MARDI	30/04/19	10H15/11H15	STRETCHING 6
		MARDI	30/04/19	18H/19H	STRETCHING 6
MARDI		30/04/19	19H15/20H15	PILATES INTERMEDIAIRE 30	
19 32	JEUDI	02/05/19	19H/20H	PILATES DEBUTANT 31	
	VENDREDI	03/05/19	09H30/10H30	GYM VERTEBRALE 28	
	VENDREDI	03/05/19	10H45/11H45	PILATES DEBUTANT 27	
	VENDREDI	03/05/19	12H/13H	PILATES INTERMEDIAIRE 28	
	SAMEDI	04/05/19	10H45/11H45	PILATES INTERMEDIAIRE 8	
	LUNDI	06/05/19	18H/19H	CIRCUIT TRAINING 9	
	MARDI	07/05/19	10H15/11H15	PILATES DEBUTANT 13	
	MARDI	07/05/19	18H/19H	PILATES DEBUTANT 13	
MAI 2019	20 33	MARDI	07/05/19	19H15/20H15	PILATES INTERMEDIAIRE 31
		JEUDI	09/05/19	19H/20H	PILATES DEBUTANT 32
		VENDREDI	10/05/19	09H30/10H30	GYM VERTEBRALE 29
		VENDREDI	10/05/19	10H45/11H45	PILATES DEBUTANT 28
	VENDREDI	10/05/19	12H/13H	PILATES INTERMEDIAIRE 29	
	SAMEDI	11/05/19	10H45/11H45	STRETCHING 5	
	21 34	LUNDI	13/05/19	18H/19H	PILATES INTERMEDIAIRE 22
		MARDI	14/05/19	10H15/11H15	GYM VERTEBRALE 14
		MARDI	14/05/19	18H/19H	GYM VERTEBRALE 14
		MARDI	14/05/19	19H15/20H15	PILATES INTERMEDIAIRE 32
JEUDI		16/05/19	19H/20H	PILATES DEBUTANT 33	
VENDREDI		17/05/19	09H30/10H30	GYM VERTEBRALE 30	
VENDREDI		17/05/19	10H45/11H45	PILATES DEBUTANT 29	
VENDREDI		17/05/19	12H/13H	PILATES INTERMEDIAIRE 30	
0	22 35	SAMEDI	18/05/19	10H45/11H45	CIRCUIT TRAINING 7
		LUNDI	20/05/19	18H/19H	PILATES INTERMEDIAIRE 23
		MARDI	21/05/19	10H15/11H15	STRETCHING 7
		MARDI	21/05/19	18H/19H	STRETCHING 7
		MARDI	21/05/19	19H15/20H15	PILATES INTERMEDIAIRE 33
		JEUDI	23/05/19	19H/20H	PILATES DEBUTANT 34
		VENDREDI	24/05/19	09H30/10H30	GYM VERTEBRALE 31
		VENDREDI	24/05/19	10H45/11H45	PILATES DEBUTANT 30
		VENDREDI	24/05/19	12H/13H	PILATES INTERMEDIAIRE 31
	SAMEDI	25/05/19	10H45/11H45	GYM VERTEBRALE 10	
LUNDI	27/05/19	18H/19H	CIRCUIT TRAINING 10		
MARDI	28/05/19	10H15/11H15	PILATES DEBUTANT 14		
MARDI	28/05/19	18H/19H	PILATES DEBUTANT 14		
MARDI	28/05/19	19H15/20H15	PILATES INTERMEDIAIRE 34		
JEUDI	30/05/19	PAS DE COURS : PONT DE L'ASCENSION			
VENDREDI	31/05/19				
SAMEDI	01/06/19				
23 36	LUNDI	03/06/19	18H/19H	PILATES INTERMEDIAIRE 24	
	MARDI	04/06/19	10H15/11H15	GYM VERTEBRALE 15	
	MARDI	04/06/19	18H/19H	GYM VERTEBRALE 15	
	MARDI	04/06/19	19H15/20H15	PILATES INTERMEDIAIRE 35	
	JEUDI	06/06/19	19H/20H	PILATES DEBUTANT 35	
	VENDREDI	07/06/19	09H30/10H30	GYM VERTEBRALE 32	

JUIN 2019		VENDREDI	07/06/19	10H45/11H45	PILATES DEBUTANT 31	
		VENDREDI	07/06/19	12H/13H	PILATES INTERMEDIAIRE 32	
		SAMEDI	08/06/19	10H45/11H45	PILATES INTERMEDIAIRE 9	
	24 37	LUNDI	10/06/19	PAS DE COURS : FERIE PENTECOTE		
		MARDI	11/06/19	10H15/11H15	STRETCHING 8	
		MARDI	11/06/19	18H/19H	STRETCHING 8	
		MARDI	11/06/19	19H15/20H15	PILATES INTERMEDIAIRE 36	
		JEUDI	13/06/19	19H/20H	PILATES DEBUTANT 36	
		VENDREDI	14/06/19	09H30/10H30	GYM VERTEBRALE 33	
		VENDREDI	14/06/19	10H45/11H45	PILATES DEBUTANT 32	
		VENDREDI	14/06/19	12H/13H	PILATES INTERMEDIAIRE 33	
	25 38	SAMEDI	15/06/19	10H45/11H45	GYM VERTEBRALE 11	
		LUNDI	17/06/19	18H/19H	CIRCUIT TRAINING 11	
		MARDI	18/06/19	10H15/11H15	PILATES DEBUTANT 15	
		MARDI	18/06/19	18H/19H	PILATES DEBUTANT 15	
		MARDI	18/06/19	19H15/20H15	PILATES INTERMEDIAIRE 37	
		JEUDI	20/06/19	19H/20H	PILATES DEBUTANT 37	
		VENDREDI	21/06/19	09H30/10H30	GYM VERTEBRALE 34	
		VENDREDI	21/06/19	10H45/11H45	PILATES DEBUTANT 33	
	26 39	VENDREDI	21/06/19	12H/13H	PILATES INTERMEDIAIRE 34	
		SAMEDI	22/06/19	10H45/11H45	STRETCHING 6	
		LUNDI	24/06/19	18H/19H	PILATES INTERMEDIAIRE 25	
		MARDI	25/06/19	10H15/11H15	GYM VERTEBRALE 16	
		MARDI	25/06/19	18H/19H	GYM VERTEBRALE 16	
		MARDI	25/06/19	19H15/20H15	PILATES INTERMEDIAIRE 38	
		JEUDI	27/06/19	19H/20H	PILATES DEBUTANT 38	
		VENDREDI	28/06/19	09H30/10H30	GYM VERTEBRALE 35	
	JUILLET 2019	27 40	VENDREDI	28/06/19	10H45/11H45	PILATES DEBUTANT 34
			VENDREDI	28/06/19	12H/13H	PILATES INTERMEDIAIRE 35
			SAMEDI	29/06/19	10H45/11H45	CIRCUIT TRAINING 8
LUNDI			01/07/19	18H/19H	PILATES INTERMEDIAIRE 26	
MARDI			02/07/19	10H15/11H15	STRETCHING 9	
MARDI			02/07/19	18H/19H	STRETCHING 9	
MARDI			02/07/19	19H15/20H15	PILATES INTERMEDIAIRE 39	
JEUDI			04/07/19	19H/20H	PILATES DEBUTANT 39	
28 41		VENDREDI	05/07/19	09H30/10H30	GYM VERTEBRALE 36	
		VENDREDI	05/07/19	10H45/11H45	PILATES DEBUTANT 35	
	VENDREDI	05/07/19	12H/13H	PILATES INTERMEDIAIRE 36		
	SAMEDI	06/07/19	10H45/11H45	GYM VERTEBRALE 12		
	LUNDI	08/07/19	18H/19H	CIRCUIT TRAINING 12		
	MARDI	09/07/19	10H15/11H15	PILATES DEBUTANT 16		
	MARDI	09/07/19	18H/19H	PILATES DEBUTANT 16		
	MARDI	09/07/19	19H15/20H15	PILATES INTERMEDIAIRE 40		
29 à 34	JEUDI	11/07/19	19H/20H	PILATES DEBUTANT 40		
	VENDREDI	12/07/19	09H30/10H30	GYM VERTEBRALE 37		
	VENDREDI	12/07/19	10H45/11H45	PILATES DEBUTANT 36		
	VENDREDI	12/07/19	12H/13H	PILATES INTERMEDIAIRE 37		
		PAS DE COURS : VACANCES D'ETE				