



Tennis 13

Fitness

Veillez noter les remplacements suivants

Please take note of the following replacement:

Date	Heure	Jour de la semaine	Cours	Instructeur absent	Instructeur remplaçant
30 aout	9h30-10h30	vendredi	Cardio danse	Amber	Caroline
30 aout	10h30-11h30	vendredi	yoga	Amber	Brigitte
31 aout	9h30-10h30	samedi	Hatha yoga	Stella	Elisa
31 aout	10h30-11h30	samedi	Yoga étirement	Stella	Elisa
2 sept	10h30-11h30	lundi	Piloxing	Élysa	Audrey
3 sept	18h30-19h45	mardi	Yin yoga	Stella	Sylvie
4 sept	10h-11h	mercredi	pilates	André	Amber
4 sept	18h-19h	mercredi	Cardio kickbox	Audrey	
7 sept	9h30-10h30	samedi	Hatha yoga	Stella	Elisa
7 sept	10h30-11h30	samedi	Yoga étirement	Stella	Sylvie
10 sept	18h-19h45	mardi	Yin yoga	Stella	Sylvie
13 sept	9h30-10h30	vendredi	Cardio danse	Amber	Caroline

13 sept	10h30-11h30	vendredi	yoga	Amber	Brigitte
14 sept	9h30-10h30	samedi	Hatha yoga	Stella	Elisa
14 sept	10h30-11h30	samedi	Yoga étirement	Stella	Elisa
17 sept	18h-19h45	mardi	Yin yoga	Stella	
18 sept	17h30-18h30	mercredi	Yoga doux	Elisa	Sylvie
20 sept	9h30-10h30	vendredi	Cardio danse	Amber	Caroline
20 sept	10h30-11h30	vendredi	yoga	Amber	Brigitte
20 sept	18h-19h	vendredi	Yoga vinyasa	Elisa	Sylvie
21 sept	9h30-10h30	samedi	Hatha yoga	Stella	Typhaine
21 sept	10h30-11h30	samedi	Yoga étirement	Stella	Typhaine
22 sept	9h-10h	dimanche	Yoga flow	Elisa	Sylvie
23 sept	9h-10h	lundi	Yoga vinyasa	Elisa	Fannie
24 sept	18h-19h45	mardi	Yin yoga	Stella	
25 sept	17h30-18h30	mercredi	Yoga doux	Elisa	Sylvie
27 sept	9h30-10h30	vendredi	Cardio danse	Amber	Caroline
27 sept	10h30-11h30	vendredi	yoga	Amber	Brigitte
28 sept	9h30-10h30	samedi	Hatha yoga	Stella	Elisa
28 sept	10h30-11h30	samedi	Yoga étirement	Stella	Elisa
1er oct	18h30-19h45	mardi	Yin yoga	Stella	