

JOURS	lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30						
10h00						
11h00 11h30	Formation hypnose	Formation hypnose		Formation hypnose	Formation hypnose	Formation hypnose
12h00						
12 h15			12 h15 Pilates 60'			
13h00						
17h15	Formation hypnose	Formation hypnose	17h30 pump 30'		Formation hypnose	
17h30			18h00 Aérofac 45'	Formation hypnose		
18h15	Formation hypnose	Formation hypnose	19h00 Pilates 60'			