



PLANNING

STAGE DE FEVRIER 2025

COMPLEXE LEO TAVAREZ / GRANDE SALLE

129 rue de Saint-Germain, 95240 Cormeilles-en-Parisis

LUNDI 17 FEVRIER 2025		
9.00 - 10.00 10.00 - 11.00 11.00 - 12.00	MOBILITE/STRETCHING ANIMAL FLOW HITT	EMILIE
18.00 - 19.00 19.00 - 20.00 20.00 -21.00	MOBILITE PILATES BOOTCAM	JONATHAN
MARDI 18 FEVRIER 2025		
9.00 - 10.00 10.00 - 11.00 11.00 - 12.00	RENFO STRETCHING KUDURO	YASS
18.00 - 19.00 19.00 - 20.00 20.00 -21.00	LIA STEP ZUMBA	DAVID
MERCREDI 19 FEVRIER 2025		
9.00 - 10.00 10.00 - 11.00 11.00 - 12.00	RENFO DISCO DANCE ABDOS FESSIERS / STRETCHING	KARINE
18.00 - 19.00 19.00 - 20.00 20.00 -21.00	BODY SCLUPT BODY BARRE BODY FIGHT	CHARLES
JEUDI 20 FEVRIER 2025		
9.00 - 10.00 10.00 - 11.00 11.00 - 12.00	BODY BARRE STEP PILATES	GILLES
18.00 - 19.00 19.00 - 20.00 20.00 -21.00	POWER LIA OXIGENO	HATEM
VENDREDI 21 FEVRIER 2025		
9.00 - 10.00 10.00 - 11.00 11.00 - 12.00	AUTOMASSAGE / MOBILITE / STRETCHING GYM EQUILIBRE PILATES STRETCHING	CAMILLE