

PLANNING CARDIO ENCADRÉ

	HORAIRES	COACH
DIMANCHE	9:30 - 13:00	LYNDA
LUNDI	9:30 - 11:00	LYNDA
MARDI	9:30 - 13:00	LYNDA
MERCREDI	9:30 - 10:00 / 12:00 - 13:00	LYNDA
JEUDI	9:30 - 13:00	LYNDA
SAMEDI	9:00- 12:00	NADIA