

PLANNING DES COURS COLLECTIFS



Pôle Tolo'Santé - Carré Tolosan, 25 chemin Petit Jean, Bâtiment B 1^{er} étage, 31270 Cugnaux – Saison 2023-2024

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|----------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| MATIN | | | <u>11h - 12h</u> PILATES Amandine 06.60.08.42.97 | <u>9h - 10h</u> PILATES Audrey 06.80.00.33.63 | <u>10h - 11h30</u> ATELIER MASSAGE BEBE Clotilde DIOP 06.50.38.18.31 | <u>9h30 - 12h</u> ATELIER YOGA 1x/mois Aurélie 06.17.85.12.74 yogapourlavie |
| MIDI | <u>12h30 - 13h30</u> YOGA Daphnée 06.66.85.49.92 viryayoga | | <u>12h - 13h</u> PILATES Amandine 06.60.08.42.97 | | | <u>10h - 12h</u> ATELIER NIRVANA 1x/mois Marie RÉVILLION 06.99.39.63.61 |
| FIN APRES-MIDI | <u>18h30 - 19h30</u> NIRVANA Marie RÉVILLION 06.99.39.63.61 | <u>18h15 - 19h15</u> YOGA Daphnée 06.66.85.49.92 viryayoga | <u>18h15 - 19h15</u> YOGA Daphnée 06.66.85.49.92 viryayoga | <u>18h30 - 19h30</u> SOPHROLOGIE Erwan MATHIEU 06.79.81.20.46 | <u>18h - 19h</u> PILATES Emile 06.35.28.86.46 | |
| SOIR | <u>19h45 - 20h45</u> YOGA Daphnée 06.66.85.49.92 viryayoga | <u>19h30 - 20h30</u> et <u>20h30 - 21h30</u> PILATES Audrey 06.80.00.33.63 | <u>19h30 - 20h30</u> YOGA Daphnée 06.66.85.49.92 viryayoga | | | |