

SPORT A VILLEMUISAN

GYM PILATE



Mardi 18h30 / 19h30

Mercredi 19h / 20h

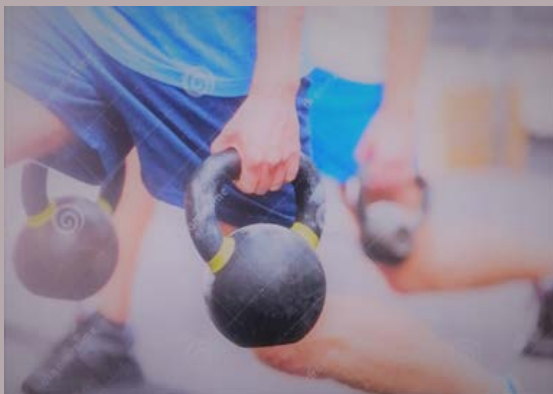
Jeudi de 9h30 / 10h30

ZUMBA

Mardi 20h30 / 21h30

DANSE EN LIGNE

Mardi 17h30 / 18h30



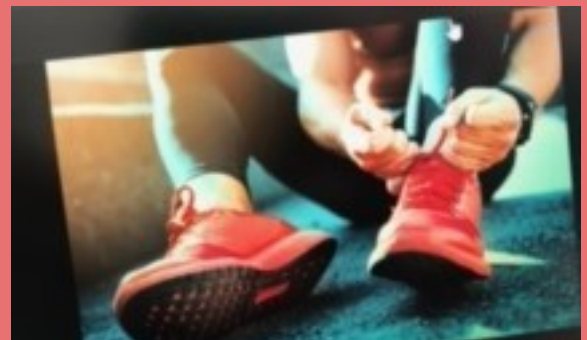
CIRCUIT TRAINING

Mercredi 20h / 21h



CARDIO RENFORCEMENT

Mardi 19h30 / 20h30



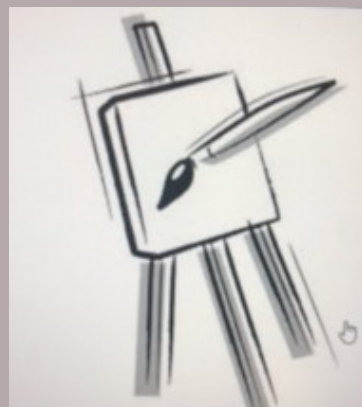
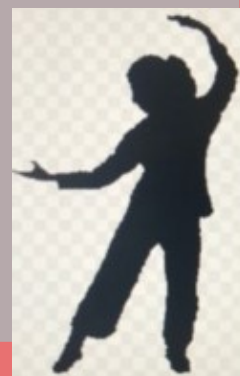
Contact : alv.zumba.adulte@hotmail.com
Tél. : 06 10 41 91 91 ou le 02 41 77 45 64

VILLEMOISAN



QI-GONG

Jeudi de 10h30 / 11h30



Atelier PEINTURE

Vendredi 14h / 17h



Contact : alv.zumba.adulte@hotmail.com
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