









Planning des cours Harmony@home

Rdv sur notre page FB Harmony@home

| | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|-------|--|---|---|--|--|--|---|
| Matin | | | 08H15 (90')  YOGA Liza | | | | |
| | | | | | 09H15  CARDIO SCULPT Florian | | |
| | | | | | | 10H30  TOTAL SCULPT Tournus | 10H30  YOGA Pierre |
| Soir | 18H00 (30')  ABDOS FLASH Bryan | | | 18H00  PILATES Nicole | | | |
| | 18H30 (45')  TOTAL SCULPT Bryan | 18H30  CORE TRAINING STRETCHING Laura | | | | | |

