



ART & SPORT + partenaires

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	
9h	★	9h BA BEST AGE	★	9h Small Group		Stages Voir Calendrier des stages	
10h 10h15		10h15 YOGA AERIEN 	10h-11h Yoga aérien Parent/enf	10h15 BODYART			★
			★				
12h15	12h15 BODYART			12h15 RELAX HAMAC			
14h00	14h30 – 16h15* Marche Nordique	★	★	14h30-16h QI GONG Nadine -partenaire A&S	★		
15h30							
			★	★			
17h45	17h45 DEEPWORK	17h45 (40') BAX XPRESS	17h45 DEEPWORK XPRESS (40')		17h45 BODYART (60') XROSS (BAX)		
18h15 18h30 19h00	19h00 BODYART	18h30 YOGA AERIEN	18h30 BODYART YIN	18h15 -19h30 YOGA Philippe Abyasa yoga Partenaire A&S	19h00 Relax Hamac		
19h45 20h15		19h45 BODYART	19h45 YOGA AERIEN (8 hamacs)	20h-21h10 « Yoga Danse Air Sky » Anasma Partenaire A&S	20h00		

