

PLANNING HARMONY FORME 2024 2025		
LUNDI		
10h30/11h45	MIX HARMONIE SENIORS	Kercado
18H30/19H30	STRETCH PILATES	Madeleine
18H35/19H45	YOGA	Rohan
19H30/20H30	STRETCH POSTURAL DOS ABDOS	Madeleine
MARDI		
10H45/11H45	RENFO DOUX et STRETCH	Conleau
12H15/13H10	PILATES BALLON et PETIT MATERIEL	Ucknef
17H30/18H30	STRETCH PILATES	Kercado
18H40/19H40	STRETCH PILATES	Kercado
18H50/20H00	YOGA	Kercado
MERCREDI		
10H15/11H25	YOGA	Kercado
17H15/18H15	YOGA	Kercado
18H30/19H40	YOGA	Kercado
JEUDI		
10H45/12H00	YOGA	Kercado
17H15/18H15	MIX FORME PILATES	Brizeux
18H30/19H40	YOGA	Kercado
18H45/19H45	STRETCH PILATES 2	Conleau
19H50/20H50	STRETCH POSTURAL DOS ABDOS	Conleau
VENDREDI		
18h30/19h45	YIN YOGA RELAXATION	Kercado
DIMANCHE		
	ATELIERS BIEN ÊTRE	Vannes

TARIFS

Pilates, Stretch, Renfo..(1h)
YOGA (1h15)

200,00 €

277,00 €

Règlement en 2 ou 3 fois, Chèques vacances et Coupons Sport acceptés