

Laetitia Forme

VACANCES
AUTOMNE 2025

Lundi 20.10

12H15 Renfo
doux

19H CAF
20H Cardio
Renfo

Lundi 27.10

9H Renfo
Dyna.

12H15 Renfo
doux

Mardi 21.10

12H15 Renfo
dyna.

17H Gym Tonic

18H Step Cardio

19H Stretch

Mardi 28.10

12H15 Renfo
dyna.

13H Stretch

Merc. 22.10

12H15 CAF

17H Gym Postu.

Jeu 23.10

12H15 Stretch

18H CAF

Jeu 30/10

12H15 Gym
Tonic

18H CAF

Vend. 24.10

13H Renfo
Dynam.

Vend. 31.10

9H Training
Mixte