



# PLANNING FITNESS

VACANCES SCOLAIRES 2024



 **Barre Sculpt**

 **TRX**

 **CAF**

 **Swiss ball**

 **Cross training**

 **Yoga**

 **Abdos flash**

 **Cardio Stretch**

 **Pilates**

 **Gestes et Postures**

 **Cardio**

 **Body zen**