

FEMINA SPORTS				
PLANNING FITNESS 2022-23				
	LUNDI	MARDI	MERCREDI	JEUDI
STADE LOUIS 2		12h20/13h20 RENFORCEMENT PHYSIQUE		12h20/13h20 ABDOS FESSIERS DOS
Salle Princesse Stéphanie NIV 3	19h/19h45 RENFORCEMENT PHYSIQUE	19h/20h ABDOS FESSIERS DOS	19h/20h RENFO HAUT BAS	19h/19h45 ABDOS FESSIERS DOS
Salle Princesse Stéphanie NIV 3	19h45/20h30 STRECHING			19h45/20h30 STRECHING