

Gym Colors®

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GYM • YOGA • MÉDITATION • Votre différence est une FORCE

Studio de coaching

Découvrez notre planning et Réservez votre ESSAI sur gymcolors.fr

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
8h00	COACHING	COACHING	COACHING	COACHING	COACHING	COACHING
9h30			SPORT visio 9h	COACHING	COACHING	YOGA colors
9h45	Posture & Equilibre	YOGA doux colors		Posture & Equilibre	YOGA doux colors	COACHING
11h00	SPORT colors	Médit & Relax		DOS mobile	COACHING	
12h15	YOGA colors	Posture & Equilibre		SPORT colors	Médit & Relax	
13h15	Médit & Relax 13H30	Masse & Stretch		COACHING	DOS mobile	
15h00		COACHING		COACHING		
16h30	COACHING	YOGA doux colors 16h15	COACHING			
17h30	COACHING	COACHING	COACHING			
18h15	YOGA colors	Médit & Relax	DOS mobile	COACHING		
19h30	Posture & Equilibre	SPORT colors	YOGA colors	Masse & Stretch		