

# PLANNING

HAPPY  
Déconfinement

## LUNDI

**LIVE**

RENFORCEMENT  
MUSCULAIRE

## MARDI

**LIVE**

PILATES

## MERCREDI

CULTIVEZ VOTRE CAPACITÉ  
DE DÉTENTE



## JEUDI

**LIVE**

SOPHROLOGIE

## VENDREDI



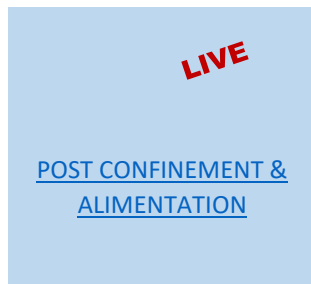
**LIVE**

GESTE SANTE DU  
MATIN



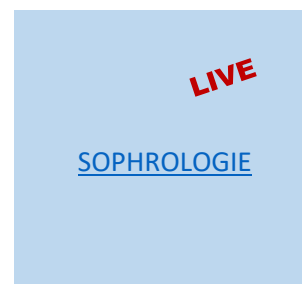
**LIVE**

POST CONFINEMENT &  
ALIMENTATION



**LIVE**

SOPHROLOGIE



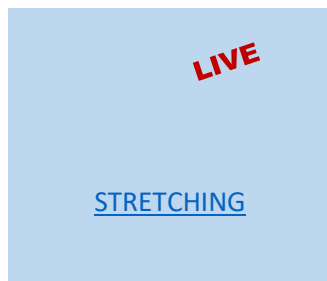
**3 MUSÉES**

Et leurs infos insolites



**LIVE**

STRETCHING



**SUPER  
FRESH**

VIRGIN MOJITO  
CRANBERRIES  
& CITRON VERT



**LIVE**

SOPHROLOGIE



**LIVE**

ERGOTHERAPIE

