**« Dans la cour » - 2022-2023 -** [**http://www.danslacour.fr**](http://www.danslacour.fr)

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| **lundi** | **mardi** | **mercredi** | **jeudi** | **Vendredi** | **Samedi** |
|  |  |  |  |  |  |
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| **10h30- 11h30**YogaM N Kohn | **10h15-11h15**FeldenkraisC Dubois | **10H30-13h**YogaE Libraire |
| **11h-12h**FeldenkraisF Ferrer |
|  | **11h30-12h30**FeldenkraisC Dubois |
|  | **12h-13h**FeldenkraisF Ferrer | Stages deweek-end:Kinomichi. : C. BazinShiatsu :J. Laurent |
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| **13h30-14h30**Gym douceN Lecouey |
| **Ménage** |
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| **Ménage** | **14h15-15h15**Gym douceN Lecouey |
| 15h15-16h15Feldenkrais (individuel)S Roloff | **15h15-16H15**Feldenkrais (individuel)S Roloff |
| **Ménage** |
| **16h30-17h30**Feldenkrais (individuel)S Roloff | **16h30-17h30**Feldenkrais S Roloff | **16h- 17h30**YogaE Libraire |
| **17h30 -18h30**KinomichiC Bazin | **17h45-18h45**Feldenkrais S Roloff | **17h30 -18h30**KinomichiC Bazin | **18h-19h**Feldenkrais S Roloff |  |
| **18h30-19h30**KinomichiC Bazin |  | **18h30-19h30**KinomichiC Bazin |  |
| **19h-20h**FeldenkraisE Petermann |  |
| **19h30-20h30**KinomichiC Bazin | **19h30-20h30**KinomichiC Bazin |  |
| **20h-21h**FeldenkraisE Petermann |
| **20h30-21h30**KinomichiC Bazin | **20h30-21h30**KinomichiC Bazin |  |
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