



## Our Fitness Workshops

- Φ **Atelier Forme** : Soft muscular reinforcement on the whole body.  
(45 min)
  
- Φ **TAF** : Muscular reinforcement waist/sit-ups.  
(30 min)
  
- Φ **Sit-ups Atelier** : Specific muscular reinforcement for the back.  
(15 min)
  
- Φ **Waist Atelier** : Specific muscular reinforcement for the top of body.  
(30 min)
  
- Φ **Postural Atelier** : Specific muscular reinforcement for the back.  
(15 min)
  
- Φ **Stretching** : Relieving, relaxation.  
(30 min)