

HORAIRE DE MASSAGE SUR CHAISE

DATE: _____

8h: _____

8h20: _____

8h40: _____

9h: _____

9h20: _____

9h40: _____

PAUSE

10h20: _____

10h40: _____

11h: _____

11h20: _____

11h40: _____

DÎNER

13h: _____

13h20: _____

13h40: _____

14h: _____

14h20: _____

14h40: _____

PAUSE

15h20: _____

15h40: _____

16h: _____

16h20: _____

16h40: _____