



## LUNDI

**9H**

YOGA DE L'ÉNERGIE

**9H30**

PILATES SWISS BALL

**10H30**

HATHA & PRANAYAMA

**11H**

PILATES

**12H30**

VINYASA

**12H30**

GESTION DU STRESS

**18H15**

PILATES

**18H30**

ASHTANGA

**19H**

WARRIOR

**19H30**

PILATES STRETCHING

## MARDI

**7H30**

VINYASA

**9H**

HATHA & RELAXATION  
SONORE

**9H30**

PILATES

**11H**

PILATES SWISS BALL

**12H15**

PILATES

**12H15**

ROCKET VINYASA

**12H30**

YOGA & MÉDITATION

**14H30**

POSTNATAL

**16H45**

YOGA PRÉNATAL

**18H15**

HATHA

**18H15**

PILATES

**18H15**

GESTION DU STRESS

**19H30**

ASHTANGA

**19H45**

PILATES

**19H45**

YOGA DE LA FEMME  
RÉGÉNÉRANT

## MERCREDI

**7H30**

PILATES

**9H**

PILATES

**10H15**

PRÉNATAL

**10H15**

HATHA DOUX

**11H**

PILATES

**12H15**

YOGALATES

**12H30**

VINYASA

**15H30**

YOGA ENFANTS

**16H45**

PILATES

**18H**

HATHA

**18H15**

VINI YIN

**18H15**

PILATES SWISS BALL

**19H30**

PILATES

**19H30**

VINYASA

**19H45**

YIN

## JEUDI

**7H30**

WARRIOR YOGA

**9H30**

VINYASA

**10H30**

HATHA DOUX

**10H45**

MÉDITATION

**11H**

PILATES

**12H15**

VINYASA

**12H30**

PILATES

**12H30**

HATHA

**18H**

PRÉNATAL

**18H15**

HATHA

**18H30**

WARRIOR

**19H30**

YOGA DU DOS

**19H45**

YIN & MÉDITATION

## VENDREDI

**9H15**

VINYASA

**10H30**

HATHA POSTURAL

**10H45**

YIN & NIDRA

**12H15**

PILATES

**12H30**

VINYASA AVANCÉ

**12H30**

PRÉNATAL

**15H**

YIN

**16H45**

PILATES SWISS BALL

**18H**

PILATES

**18H15**

HATHA PRANAYAMA

**18H30**

VINYASA

## SAMEDI

**8H45**

ASHTANGA

**9H**

WARRIOR

**9H15**

HATHA

**9H15**

PILATES

**10H30**

WARRIOR

**10H30**

PILATES SWISS BALL

**10H30**

FAMILLE

**10H45**

HATHA

**11H45**

PILATES  
STRETCHING

ATELIERS

## DIMANCHE

**9H15**

HATHA

**9H45**

VINYASA

**10H15**

PILATES AVANCÉ

**10H45**

HATHA

**11H**

ATELIERS

**11H15**

VINYASA

**11H30**

PILATES  
STRETCHING

ATELIERS

**18H**

VINI YIN

