## Lundi

**9h15** YOGA PRENATAL

**9h30** YOGALATES

**10h30** HATHA DOUX

**10h45** YOGA POSTNATAL

**10h45** PILATES

**12h30** VINYASA AVANCÉ

**12h30** PILATES

**12H30** MUNZ FLOOR

**14h30** BAIN SONORE

**18h15** VINI-YIN

**18h15** PILATES

**19h30** PILATES stretching

**19h30** RESTORATIVE

**19h45** VINYASA

## Mardi

**7h30** WARRIOR

**9h** YOGA THERAPEUTIQUE

**9h15** VINYASA doux

**9h30** PILATES

**10h30** HATHA DOUX

**10h45** YOGA PRENATAL
*avec Sage- Femme*

**11h** PILATES Swiss Ball

**12h15** PILATES

**12h30** WARRIOR

**12h30** YOGA & ÉMOTION

**18h15** GESTION DU STRESS

**18h15** PILATES

**19h** ASHTANGA

**19h30** PILATES stretching

**19h45** VINI YIN

## Mercredi

**9h15** MUNZ FLOOR

**9h45** PILATES

**10h45** PILATES PRENATAL

**11h** YOGALATES

**12h30** VINYASA

**18H** HATHA

**18H** MUNZ FLOOR

**19h** BREATHWORK

**19H30** YIN YOGA

**19h30** VINYASA

## Jeudi

**9h15** YOGA DU DOS

**10h45** MÉDITATION

**11h** PILATES

**12h15** HATHA

**12h15** PILATES

**15h** YOGA PRÉNATAL

**18h15** PILATES

**18H15** HATHA

**19H** YOGA DU RIRE *

**19H15** MUNZ FLOOR

**19H30** PILATES

**ponctuel*

## Vendredi

**7h30** VINYASA

**9h** PILATES

**9h** GESTION DU STRESS

**10h15** HATHA DOUX

**11h** PILATES STRETCHING

**12h15** PILATES

**12h30** HATHA

**12h30** PILATES PRÉNATAL

**14h45** VOYAGE SENSORIEL

**16h30** YIN & NIDRA

**18h** PILATES

**18h** VINYASA

**18h15** HATHA & PRANAYAMA

## Samedi

**9h15** PILATES

**9h15** HATHA

**9h30** VINYASA

**10h30** PILATES Swiss Ball

**10h45** HATHA

**11h** VINYASA

**11h** FAMILY 5-10ans

**11h45** PILATES STRETCHING

## Dimanche

**9h** PILATES STRETCHING

**9h15** HATHA

**9h45** VINYASA

**10h15** PILATES

**10h45** HATHA

**11h15** VINYASA

**11h30** PILATES

***18h** SUNSET VINI YIN*

nouveautés

doux modéré engagé